



Buttery Spinach and Mushrooms

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baby portobello mushrooms sliced
- ☐ 2 cups baby spinach fresh
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon heavy whipping cream
- ☐ 0.5 cup leeks thinly sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.3 cup parmesan grated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup vegetable broth

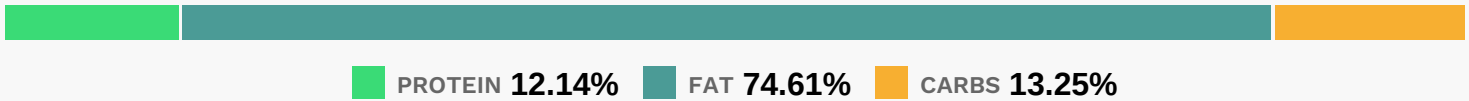
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet, melt the butter and olive oil together over medium-high heat.
- ☐ Add the mushrooms, and cook until they begin to soften, about 3 to 4 minutes.
- ☐ Add the leeks and garlic, and cook until tender, about 3 minutes.
- ☐ Add the broth, cream, lemon juice, and salt; cook for 2 minutes. Stir in the spinach, and lower the heat, stirring frequently, until the spinach is wilted, about 2 minutes.
- ☐ Sprinkle in the cheese and stir to combine.
- ☐ Transfer to a serving bowl and serve immediately.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:9.8165216083112%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 110.38kcal (5.52%), Fat: 9.48g (14.59%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.36g (1.51%), Cholesterol: 16.01mg (5.34%), Sodium: 271.28mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin K: 80.27µg (76.45%), Vitamin A: 1814.83IU (36.3%), Manganese: 0.22mg (10.85%), Folate: 43.21µg (10.8%), Calcium: 100.89mg (10.09%), Selenium: 5.92µg (8.46%), Phosphorus: 82.1mg (8.21%), Vitamin C: 6.29mg (7.62%), Vitamin E: 1.05mg (6.98%), Vitamin B3: 1.15mg (5.73%), Potassium: 196.48mg (5.61%), Vitamin B2: 0.09mg (5.27%), Vitamin B6: 0.1mg (5.2%), Copper: 0.1mg (4.96%), Magnesium: 18.31mg (4.58%), Iron: 0.8mg (4.42%), Fiber: 0.83g (3.32%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.4mg (2.67%), Vitamin B1: 0.04mg (2.41%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.16µg (1.04%)