



Creamy Mushrooms and Kale

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons sage leaves fresh very thinly sliced
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 large cloves garlic thinly sliced finely chopped
- ☐ 1 dinosaur kale shredded black washed chopped
- ☐ 0.5 cup marsala wine
- ☐ 1.3 pounds mushrooms mixed (recommended: shiitake, porcini, cremini)
- ☐ 6 servings nutmeg freshly grated

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings pecorino cheese freshly grated
- ☐ 6 servings salt and pepper black freshly ground

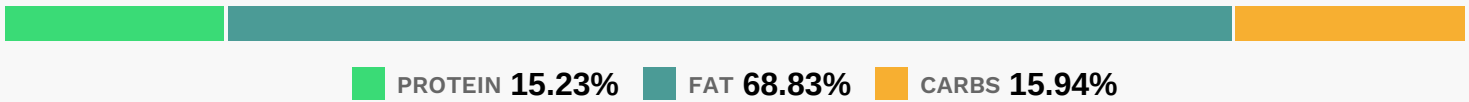
Equipment

- ☐ frying pan

Directions

- ☐ Stem and slice or coarsely chop the mushroom blend.
- ☐ Heat the extra-virgin olive oil, 4 turns of the pan, over medium-high heat.
- ☐ Add the mushrooms to the pan and brown 10 minutes, then add in the garlic, thyme, and sage, stir 2 to 3 minutes, then add the kale and cook until just wilted. Season with salt, pepper, and a few grates of nutmeg. Stir a few minutes more, then add in the Marsala and reduce the liquid by half, another minute or
- ☐ Add the cream to the mushrooms in the pan and reduce heat, let the flavors combine a few minutes and cream thickens.
- ☐ Serve the mushroom dish garnished with a few grates of cheese.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:18.07869574298%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 346.12kcal (17.31%), Fat: 25.61g (39.4%), Saturated Fat: 11.53g (72.06%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 9.97g (3.62%), Sugar: 5.2g (5.78%), Cholesterol: 53.61mg (17.87%), Sodium: 377.72mg (16.42%), Alcohol: 3.06g (100%), Alcohol %: 2.08% (100%), Protein: 12.75g (25.5%), Copper: 6.26mg (312.86%), Calcium: 369.93mg (36.99%), Phosphorus: 358.08mg (35.81%), Manganese: 0.59mg (29.72%), Vitamin B2: 0.38mg (22.34%), Vitamin B3: 3.84mg (19.22%), Vitamin B6: 0.34mg (17.11%), Vitamin B5: 1.62mg (16.23%), Selenium: 10.7µg (15.28%), Vitamin A: 712.78IU (14.26%), Fiber: 3.38g (13.52%), Vitamin K: 14.05µg (13.38%), Zinc: 1.96mg (13.05%), Magnesium: 46.33mg (11.58%), Potassium: 393.87mg (11.25%), Vitamin E: 1.56mg (10.41%), Iron: 1.49mg (8.29%), Vitamin C: 6.09mg (7.39%), Vitamin B12: 0.37µg (6.13%), Vitamin D: 0.85µg (5.64%), Folate: 18.95µg (4.74%), Vitamin B1: 0.05mg (3.47%)