



Delicious Creamed Kale With Mushrooms



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup asiago cheese shredded
- ☐ 3 tablespoons butter
- ☐ 5 crimini mushrooms sliced
- ☐ 4 cloves garlic crushed
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 bunch kale chopped
- ☐ 1 large shallots thinly sliced

Equipment

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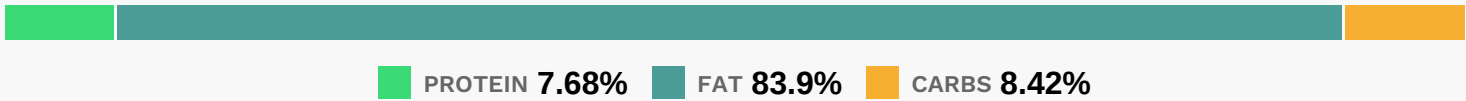
frying pan

Directions

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Heat butter in a large skillet over medium heat; cook and stir kale and shallot until kale is tender, about 5 minutes. Stir mushrooms, cream, Asiago cheese, garlic, salt, and black pepper into kale mixture. Reduce heat to low and simmer until cream has thickened and mushrooms are tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:17.152173933776%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.22mg, Kaempferol: 15.22mg, Kaempferol: 15.22mg, Kaempferol: 15.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 277.42kcal (13.87%), Fat: 26.77g (41.19%), Saturated Fat: 16.75g (104.7%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.57g (2.86%), Cholesterol: 77.25mg (25.75%), Sodium: 199.68mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Vitamin K: 129.16µg (123.01%), Vitamin A: 4214.6IU (84.29%), Vitamin C: 32.06mg (38.86%), Vitamin B2: 0.35mg (20.48%), Calcium: 200.88mg (20.09%), Manganese: 0.32mg (16.15%), Selenium: 10.14µg (14.49%), Phosphorus: 128.03mg (12.8%), Potassium: 309mg (8.83%), Copper: 0.16mg (8.2%), Folate: 31.16µg (7.79%), Vitamin B6: 0.16mg (7.79%), Vitamin B3: 1.42mg (7.09%), Fiber: 1.75g (7.01%), Vitamin B5: 0.59mg (5.95%), Vitamin E: 0.89mg (5.93%), Vitamin B1: 0.08mg (5.48%), Magnesium: 21.16mg (5.29%), Vitamin D: 0.77µg (5.13%), Zinc: 0.75mg (5%), Iron: 0.85mg (4.7%), Vitamin B12: 0.19µg (3.15%)