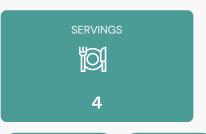


Kale and Mushroom Stroganoff

Vegetarian







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

	4 servings pepper black freshly ground
	8 ounces crimini mushrooms fresh trimmed sliced
	0.5 cup the following: parmesan rind) dried
	0.3 cup wine dry white
	8 ounces extra wide egg noodles dried
	11 ounces flat parsley cut into bite-size pieces
	2 tablespoons flour all-purpose
П	3 medium garlic clove minced

	4 servings kosher salt	
	2 tablespoons olive oil	
	1.5 cups onion yellow (1 medium onion)	
	0.5 teaspoon paprika	
	0.3 cup cream sour	
	2 tablespoons butter unsalted ()	
	2 cups water	
Eq	uipment	
	bowl	
	frying pan	
	sauce pan	
	pot	
	tongs	
	cutting board	
Directions		
	Place the porcini mushrooms in a small heatproof bowl. Bring the water to a boil in a small saucepan over high heat and pour it over the porcinis.	
	Let the mushrooms sit until softened, about 12 minutes. Using a fork, transfer the porcinis to a cutting board (be careful not to disturb the gritty sediment on the bottom of the bowl) and coarsely chop.	
	Heat 1 tablespoon of the oil in a large frying pan over medium-high heat until shimmering.	
	Add the cremini mushrooms and cook, stirring rarely, until browned, about 5 minutes.	
	Remove to the bowl with the porcinis.Reduce the heat to medium, add the remaining oil to the pan, and heat until shimmering.	
	Add the onion and paprika and cook, stirring occasionally, until the onion has softened, about 4 minutes.	
	Sprinkle in the flour and cook, stirring occasionally, until the raw flavor has cooked off, about 1 to 2 minutes.	

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Nutrition Facts		
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Properties

Glycemic Index:67.5, Glycemic Load:21.31, Inflammation Score:-10, Nutrition Score:37.034782699917%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0

Nutrients (% of daily need)

Calories: 472.9kcal (23.65%), Fat: 19.76g (30.41%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 61.11g (20.37%), Net Carbohydrates: 54.64g (19.87%), Sugar: 6.19g (6.87%), Cholesterol: 73.99mg (24.66%), Sodium: 269.78mg

(11.73%), Alcohol: 1.54g (100%), Alcohol %: 0.46% (100%), Protein: 13.87g (27.74%), Vitamin K: 1284.55µg (1223.38%), Vitamin A: 7022.03IU (140.44%), Vitamin C: 109.13mg (132.28%), Selenium: 63.82µg (91.17%), Manganese: 0.91mg (45.45%), Folate: 174.8µg (43.7%), Copper: 0.81mg (40.59%), Iron: 6.69mg (37.19%), Vitamin B2: 0.53mg (31%), Phosphorus: 304.97mg (30.5%), Potassium: 1022.01mg (29.2%), Vitamin B5: 2.64mg (26.35%), Vitamin B3: 5.23mg (26.15%), Fiber: 6.47g (25.87%), Magnesium: 94.34mg (23.58%), Vitamin B6: 0.41mg (20.58%), Zinc: 3.08mg (20.54%), Vitamin B1: 0.3mg (19.68%), Calcium: 183.6mg (18.36%), Vitamin E: 2.13mg (14.22%), Vitamin B12: 0.27µg (4.55%), Vitamin D: 0.47µg (3.12%)