



Kale and Mushroom Stroganoff

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



473 kcal

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
- 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

Equipment

- 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.

- Add the kale and garlic, season with salt and pepper, and cook, tossing with tongs, until the kale is just wilted, about 1 minute.
- Add the reserved mushrooms along with any juices in the bowl and stir to combine.
- Add the wine and cook until almost evaporated, about 3 minutes. Reduce the heat to low, add the reserved mushroom soaking liquid, season with salt and pepper, and cook until the sauce is slightly thickened, scraping up any bits that have accumulated at the bottom of the pan, about 5 to 7 minutes. Meanwhile, cook the noodles in the boiling water according to the package directions. When the noodles are ready, reserve 1/3 cup of the cooking liquid.
- Drain the noodles and return them to the pot; set aside.
- Add the reserved pasta cooking liquid to the pan with the kale-mushroom sauce and simmer until thickened, about 2 minutes.
- Add the butter and stir until melted and combined.
- Remove the pan from the heat and stir in the sour cream. Taste and season with salt and pepper as needed.
- Serve the sauce immediately spooned over the noodles.

Nutrition Facts

■ PROTEIN **11.61%** ■ FAT **37.23%** ■ CARBS **51.16%**

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: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 167.99mg, Apigenin: 167.99mg, Apigenin: 167.99mg, Apigenin: 167.99mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 11.63mg, Myricetin: 11.63mg, Myricetin: 11.63mg, Myricetin: 11.63mg Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg

Nutrients (% of daily need)

Calories: 472.9kcal (23.65%), Fat: 19.76g (30.41%), Saturated Fat: 7.33g (45.78%), Carbohydrates: 61.1g (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%)