



 74%
HEALTH SCORE

Kale and Portobello Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 pounds kale stemmed chopped
- 0.3 teaspoon nutmeg freshly grated to taste
- 3 tablespoons olive oil extra-virgin
- 4 portobello mushroom caps sliced
- 4 servings salt and pepper
- 0.5 cup red wine dry italian

Equipment

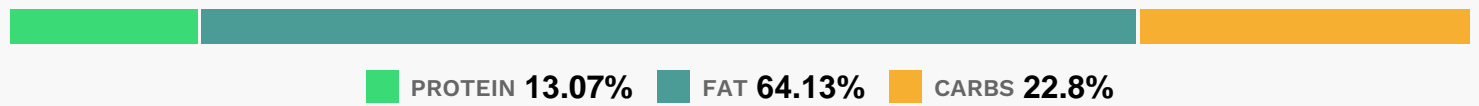
- frying pan

tongs

Directions

- Heat a large skillet over medium-high heat with extra-virgin olive oil. When the oil is hot, add mushrooms and cook until dark and tender.
- Add kale and turn with tongs to wilt. Season the mixture of mushrooms and greens with salt, pepper and nutmeg.
- Add wine and deglaze the pan. Reduce heat to low and cook greens 5 minutes longer then serve.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:29.443043493706%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 33.46mg, Isorhamnetin: 33.46mg, Isorhamnetin: 33.46mg, Isorhamnetin: 33.46mg Kaempferol: 66.34mg, Kaempferol: 66.34mg, Kaempferol: 66.34mg, Kaempferol: 66.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 32.18mg, Quercetin: 32.18mg, Quercetin: 32.18mg, Quercetin: 32.18mg

Nutrients (% of daily need)

Calories: 186.47kcal (9.32%), Fat: 12.95g (19.93%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 3.43g (1.25%), Sugar: 3.27g (3.63%), Cholesterol: 0mg (0%), Sodium: 276.71mg (12.03%), Alcohol: 3.15g (100%), Alcohol %: 1.5% (100%), Protein: 5.94g (11.88%), Vitamin K: 559.14µg (532.51%), Vitamin A: 14160.71IU (283.21%), Vitamin C: 132.4mg (160.48%), Manganese: 1mg (49.81%), Calcium: 363.01mg (36.3%), Vitamin B2: 0.6mg (35.36%), Folate: 111.5µg (27.87%), Fiber: 6.93g (27.72%), Vitamin B3: 5.45mg (27.25%), Selenium: 16.9µg (24.15%), Potassium: 799.62mg (22.85%), Phosphorus: 168.95mg (16.89%), Vitamin B6: 0.33mg (16.64%), Vitamin E: 2.46mg (16.43%), Copper: 0.32mg (15.84%), Iron: 2.59mg (14.4%), Vitamin B1: 0.21mg (14.01%), Magnesium: 47.01mg (11.75%), Vitamin B5: 1.09mg (10.87%), Zinc: 1mg (6.67%), Vitamin D: 0.25µg (1.68%)