



HEALTH SCORE

51%

Pea Tendrils with Crimini Mushrooms and Leeks



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 cups pea tendrils
- ☐ 8 ounces crimini mushrooms sliced
- ☐ 2 garlic cloves minced
- ☐ 1 cup leek white green thinly sliced (and pale parts only; 1 medium)

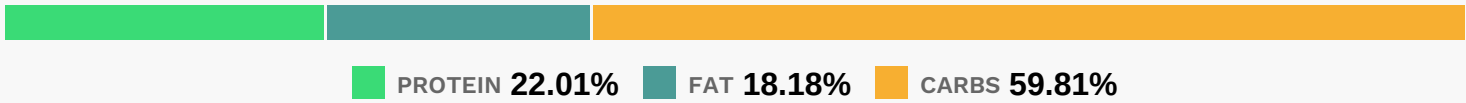
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in large nonstick skillet over medium-low heat.
- ☐ Add leek; cover and cook until leek is soft but not brown, stirring often, about 7 minutes.
Increase heat to medium-high; add garlic and mushrooms and sauté until mushrooms begin to brown, about 7 minutes.
- ☐ Add pea tendrils; cook until pea tendrils just begin to wilt, tossing often, about 3 minutes.
Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:21.14, Inflammation Score:-9, Nutrition Score:35.513043553933%

Flavonoids

Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 502.61kcal (25.13%), Fat: 10.47g (16.11%), Saturated Fat: 5.89g (36.81%), Carbohydrates: 77.51g (25.84%), Net Carbohydrates: 54.38g (19.78%), Sugar: 13.22g (14.68%), Cholesterol: 22.58mg (7.53%), Sodium: 89.38mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.53g (57.05%), Folate: 744.29µg (186.07%), Fiber: 23.13g (92.53%), Manganese: 1.85mg (92.33%), Copper: 1.24mg (61.83%), Phosphorus: 617.28mg (61.73%), Iron: 9.36mg (51.98%), Vitamin B1: 0.77mg (51.04%), Magnesium: 194.24mg (48.56%), Potassium: 1258.92mg (35.97%), Selenium: 23.88µg (34.12%), Zinc: 5.11mg (34.1%), Vitamin B2: 0.48mg (28.17%), Vitamin B6: 0.48mg (23.86%), Vitamin B5: 2.32mg (23.16%), Vitamin B3: 3.96mg (19.81%), Vitamin K: 17.07µg (16.25%), Vitamin A: 685.04IU (13.7%), Calcium: 111.13mg (11.11%), Vitamin E: 1.42mg (9.46%), Vitamin C: 4.51mg (5.47%), Vitamin B12: 0.07µg (1.24%)