



Sautéed Wild Mushrooms with Wilted Spinach

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon sesame oil dark divided
- 0.3 cup cooking sherry dry
- 2 teaspoons ginger fresh grated peeled
- 3 garlic cloves minced
- 0.3 cup green onions chopped
- 8 ounces oyster mushroom caps sliced
- 1 teaspoon juice of lemon fresh
- 7 teaspoons soya sauce low-sodium divided

- 0.3 cup shallots sliced
- 8 ounces shiitake mushroom caps sliced
- 20 ounce pkt spinach fresh (20 cups)
- 0.5 teaspoon sugar

Equipment

- bowl
- frying pan

Directions

- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add mushrooms, shallots, ginger, and garlic; saut for 3 minutes or until mushrooms are tender.
- Add sherry, 5 teaspoons soy sauce, and sugar; cook for 1 minute or until liquid is almost absorbed.
- Remove from heat, and stir in onions. Spoon mushroom mixture into a medium bowl; keep warm.
- Return pan to medium-high heat; add remaining 1 teaspoon oil.
- Add one-third of spinach, and cook 2 minutes or until spinach wilts, stirring frequently. Repeat procedure in 2 more batches with remaining spinach. Spoon spinach into a medium bowl; stir in remaining 2 teaspoons soy sauce and lemon juice. Top with mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:25.78086960834%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.05mg, Naringenin:

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg
Kaempferol: 6.11mg, Kaempferol: 6.11mg, Kaempferol: 6.11mg, Kaempferol: 6.11mg Myricetin: 0.36mg, Myricetin:
0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg,
Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 94.69kcal (4.73%), Fat: 3.1g (4.77%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 12.51g (4.17%), Net
Carbohydrates: 7.96g (2.89%), Sugar: 3.39g (3.76%), Cholesterol: 0mg (0%), Sodium: 298.18mg (12.96%), Alcohol:
1.03g (100%), Alcohol %: 0.62% (100%), Protein: 5.88g (11.75%), Vitamin K: 468.42µg (446.11%), Vitamin A:
8935.36IU (178.71%), Manganese: 1.09mg (54.39%), Folate: 213.58µg (53.4%), Vitamin C: 29.47mg (35.73%),
Potassium: 897.48mg (25.64%), Magnesium: 98.63mg (24.66%), Vitamin B2: 0.42mg (24.54%), Vitamin B6: 0.42mg
(20.99%), Vitamin B3: 4.17mg (20.86%), Iron: 3.59mg (19.97%), Fiber: 4.55g (18.19%), Phosphorus: 158.01mg (15.8%),
Copper: 0.29mg (14.72%), Vitamin E: 2.01mg (13.43%), Vitamin B5: 1.19mg (11.94%), Calcium: 109.83mg (10.98%),
Vitamin B1: 0.14mg (9.58%), Zinc: 1.33mg (8.89%), Selenium: 4.53µg (6.48%), Vitamin D: 0.42µg (2.77%)