



Smothered Mushrooms and Kale

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter cut into small pieces
- 24 small crimini mushrooms halved
- 4 cloves garlic chopped
- 1 bunch kale trimmed chopped
- 0.3 cup plum brandy
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper

Equipment

frying pan

tongs

Directions

Watch how to make this recipe.

Heat a medium skillet with extra-virgin olive oil and butter over medium to medium-high heat. When fat is hot, add garlic and mushrooms and place a lid which is too small for the skillet down into the pan, pressing and smothering the mushrooms. Cook 7 to 8 minutes, stirring once, then wilt the kale into the pan, turning it with tongs to combine with mushrooms. Smother the greens for 1 to 2 minutes, then deglaze the pan with Marsala and season the mixture with salt and pepper, to taste.

Nutrition Facts

 **PROTEIN 9.66%**  **FAT 68.31%**  **CARBS 22.03%**

Properties

Glycemic Index:28, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:22.45652182465%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.22mg, Kaempferol: 15.22mg, Kaempferol: 15.22mg, Kaempferol: 15.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 178.32kcal (8.92%), Fat: 13.3g (20.46%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 7.53g (2.74%), Sugar: 3.53g (3.92%), Cholesterol: 15.05mg (5.02%), Sodium: 265.23mg (11.53%), Alcohol: 2.3g (100%), Alcohol %: 1.57% (100%), Protein: 4.23g (8.46%), Vitamin K: 131.51µg (125.24%), Vitamin A: 3421.95IU (68.44%), Selenium: 32.06µg (45.81%), Vitamin B2: 0.71mg (41.71%), Vitamin C: 31.29mg (37.93%), Copper: 0.63mg (31.65%), Vitamin B3: 5mg (25%), Manganese: 0.45mg (22.65%), Potassium: 678.32mg (19.38%), Vitamin B5: 1.86mg (18.6%), Phosphorus: 169.49mg (16.95%), Folate: 50.45µg (12.61%), Calcium: 112.65mg (11.27%), Vitamin B6: 0.22mg (10.86%), Vitamin B1: 0.16mg (10.65%), Zinc: 1.5mg (9.99%), Vitamin E: 1.4mg (9.33%), Fiber:

2.12g (8.46%), Iron: 1.13mg (6.27%), Magnesium: 23.77mg (5.94%), Vitamin B12: 0.13µg (2.2%)