



Spinach and Mushrooms with Truffle Oil

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter ()
- 10 ounces crimini mushrooms sliced (baby bella)
- 1 large shallots chopped
- 0.5 ounce pkt spinach fresh
- 1 teaspoons truffle oil

Equipment

- bowl
- frying pan

Directions

- Melt butter in large nonstick skillet over medium-high heat.
- Add mushrooms; sauté until brown and liquid evaporates, about 8 minutes.
- Add shallot; sauté 2 minutes.
- Add spinach, 1/3 at a time, to skillet with mushrooms and toss over medium-high heat, allowing each batch to wilt slightly before adding next, about 2 minutes per batch. Sauté just until all spinach is wilted and heated through. Stir in 1 teaspoon truffle oil. Season with salt, pepper, and more truffle oil, if desired.
- Transfer to bowl and serve.
- * Sold at some supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts

PROTEIN 9.69% **FAT 70.67%** **CARBS 19.64%**

Properties

Glycemic Index: 18.67, Glycemic Load: 0.18, Inflammation Score: -3, Nutrition Score: 5.3282608260279%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 53.29kcal (2.66%), Fat: 4.51g (6.94%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.35g (0.86%), Sugar: 1.15g (1.28%), Cholesterol: 10.03mg (3.34%), Sodium: 35.22mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Selenium: 12.41µg (17.72%), Vitamin B2: 0.24mg (14.02%), Copper: 0.24mg (12.15%), Vitamin K: 12.17µg (11.59%), Vitamin B3: 1.82mg (9.11%), Vitamin B5: 0.73mg (7.27%), Potassium: 239.9mg (6.85%), Vitamin A: 338.31IU (6.77%), Phosphorus: 61.48mg (6.15%), Manganese: 0.1mg (5.02%), Folate: 17.95µg (4.49%), Zinc: 0.55mg (3.69%), Vitamin B6: 0.07mg (3.55%), Vitamin B1: 0.05mg (3.3%), Fiber: 0.47g (1.88%), Magnesium: 7.09mg (1.77%), Vitamin E: 0.26mg (1.72%), Iron: 0.31mg (1.71%), Calcium: 13.51mg (1.35%), Vitamin C: 1mg (1.21%)