



HEALTH SCORE

100%

Stir-fried mushrooms & spinach with golden onions



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 tbsp unrefined sunflower oil



0.5 tsp cumin seeds



2 medium onions



250 g pack chestnut mushrooms quartered



0.5 tsp garam masala



0.5 tsp ginger/garlic paste crushed



1 tbsp root ginger fresh finely chopped

- ☐ 1 small chilli green seeded chopped
- ☐ 1000 g ready young leaf spinach washed
- ☐ 0.5 tsp turmeric

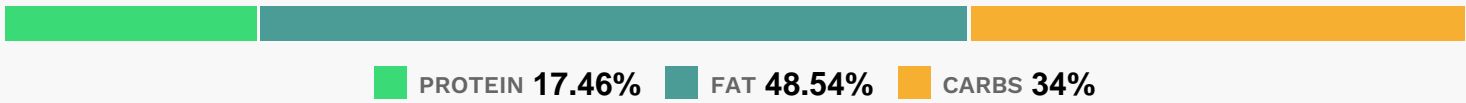
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat 2 tbsp of the oil in your largest pan, sprinkle in the cumin seeds and let them crackle for a few seconds.
- ☐ Add the chopped onion and the mushrooms and cook for 10 minutes, stirring frequently, until the onion has softened and is starting to turn golden.
- ☐ Sprinkle in the garam masala, add the garlic, ginger and chilli and stir to mix, then throw in a bag of spinach. Cover and cook for just a minute or two until the spinach has wilted and there is room in the pan for another. Repeat until all the spinach has wilted, then season with salt.
- ☐ Remove with a slotted spoon to a warm serving dish and keep warm.
- ☐ Fry the onion slices slowly with the turmeric in the remaining oil until the onion is golden brown.
- ☐ Serve the spinach hot, sprinkled with the onions.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:32.909565437099%

Flavonoids

Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 10.87mg, Kaempferol: 10.87mg, Kaempferol: 10.87mg, Kaempferol: 10.87mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg

Nutrients (% of daily need)

Calories: 129.32kcal (6.47%), Fat: 7.82g (12.02%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 161.28mg (7.01%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.32g (12.65%), Vitamin K: 805.56µg (767.2%), Vitamin A: 15631.31IU (312.63%), Folate: 340.94µg (85.24%), Manganese: 1.63mg (81.41%), Vitamin C: 50.64mg (61.38%), Vitamin E: 6.29mg (41.9%), Magnesium: 140.64mg (35.16%), Potassium: 1183.74mg (33.82%), Vitamin B2: 0.53mg (31.22%), Iron: 4.96mg (27.57%), Copper: 0.45mg (22.26%), Vitamin B6: 0.42mg (21.18%), Fiber: 4.9g (19.62%), Calcium: 183.51mg (18.35%), Selenium: 12.74µg (18.2%), Phosphorus: 144.42mg (14.44%), Vitamin B3: 2.86mg (14.3%), Vitamin B1: 0.19mg (12.57%), Zinc: 1.43mg (9.51%), Vitamin B5: 0.78mg (7.82%)