

 **64%**  
HEALTH SCORE

## White Mushrooms and Spinach

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



**30 min.**

SERVINGS



**8**

CALORIES



**65 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 sprigs thyme leaves fresh
- 4 small cloves garlic peeled smashed
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup plum brandy dry
- 2 tablespoons olive oil extra-virgin
- 0.5 pound spinach leaves washed and dried
- 1 pound button mushrooms white washed ends trimmed halved quartered (but stems still attached)

### Equipment

- bowl
- frying pan

## Directions

- Heat a large saute pan or cast iron pan over medium heat.
- Add the olive oil and the mushrooms. Season with salt and pepper, to taste, and add the thyme and the garlic and saute. Cook until the mushrooms are tender and a lot of the liquid has evaporated from the bottom of the pan, 6 to 8 minutes.
- Add the Marsala and cook until the flavor of the alcohol has mellowed considerably, 3 to 5 minutes.
- Remove and discard the sprigs of thyme and the garlic. Shut the heat off and stir in the spinach leaves so they wilt slightly. Season with salt and pepper, to taste.
- Transfer to a serving bowl and serve.

## Nutrition Facts

**PROTEIN 17.05%** **FAT 54.09%** **CARBS 28.86%**

## Properties

Glycemic Index:21.38, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:13.876521654751%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 64.93kcal (3.25%), Fat: 3.82g (5.88%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 26.3mg (1.14%), Alcohol: 1.15g (100%), Alcohol %: 1.48% (100%), Protein: 2.71g (5.42%), Vitamin K: 139.22µg (132.59%), Vitamin A: 2682.77IU (53.66%), Vitamin B2: 0.29mg (16.89%), Manganese: 0.34mg (16.81%), Folate: 64.92µg (16.23%), Vitamin C: 10.43mg

(12.64%), Copper: 0.23mg (11.46%), Vitamin B3: 2.29mg (11.44%), Potassium: 355.82mg (10.17%), Vitamin B5: 0.88mg (8.82%), Selenium: 5.81µg (8.3%), Magnesium: 29.52mg (7.38%), Vitamin E: 1.09mg (7.25%), Vitamin B6: 0.13mg (6.74%), Iron: 1.21mg (6.73%), Phosphorus: 66.31mg (6.63%), Fiber: 1.32g (5.27%), Vitamin B1: 0.07mg (4.85%), Calcium: 35.58mg (3.56%), Zinc: 0.48mg (3.19%)