



Wild-Mushroom Bundles

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large collard greens thick
- ☐ 0.5 cup wine dry white
- ☐ 1 pound mushrooms wild mixed fresh such as chanterelle, oyster, and cremini, trimmed and cut into wedges (6 cups)
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons shallots minced
- ☐ 5 tablespoons butter unsalted divided

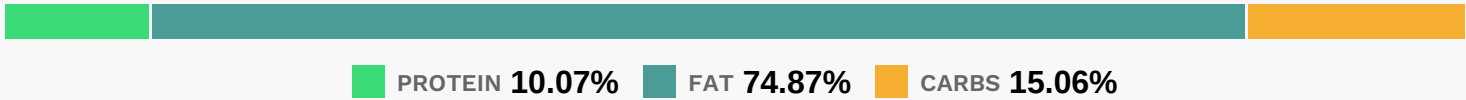
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook collards in a large pot of boiling water with 1 tablespoon salt until just tender, 6 to 8 minutes, then drain.
- ☐ Transfer to a bowl of cold water, then spread leaves, undersides up, on paper towels, overlapping cut edges slightly, and pat dry.
- ☐ Bring wine to a boil with shallot, garlic, 4 tablespoons butter, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a heavy medium saucepan.
- ☐ Add mushrooms and cook, covered, over medium heat, stirring occasionally, until tender, about 12 minutes. Butter a 2-quart shallow baking dish, then strain mushroom juices into baking dish, reserving mushrooms.
- ☐ Preheat oven to 450°F with rack in lower third.
- ☐ Mound about 1/4 cup mushrooms in center of each collard leaf. Fold leaves to enclose filling and arrange bundles, seam sides down, in 1 layer in baking dish. Dot with remaining tablespoon butter and cover with foil.
- ☐ Heat in oven until bundles are hot and juices are bubbling, about 20 minutes.
- ☐ Bundles can be assembled and put in baking dish 1 day ahead and chilled. Bring to room temperature before heating.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:7.259565125341%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 93.07kcal (4.65%), Fat: 7.36g (11.32%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.52g (1.69%), Cholesterol: 18.81mg (6.27%), Sodium: 6.61mg (0.29%), Alcohol: 1.54g (100%), Alcohol %: 2.1% (100%), Protein: 2.23g (4.45%), Vitamin K: 44.4µg (42.28%), Vitamin B2: 0.25mg (14.53%), Vitamin A: 720.7IU (14.41%), Vitamin B3: 2.15mg (10.74%), Copper: 0.19mg (9.51%), Vitamin B5: 0.9mg (9.01%), Selenium: 5.59µg (7.98%), Potassium: 224.21mg (6.41%), Manganese: 0.12mg (6.2%), Vitamin C: 5.04mg (6.11%), Folate: 23.81µg (5.95%), Phosphorus: 58.13mg (5.81%), Vitamin B6: 0.1mg (4.83%), Fiber: 1.05g (4.22%), Vitamin B1: 0.05mg (3.65%), Calcium: 29.95mg (3%), Vitamin E: 0.44mg (2.91%), Magnesium: 10.1mg (2.52%), Zinc: 0.36mg (2.37%), Iron: 0.41mg (2.27%), Vitamin D: 0.24µg (1.63%)