SPANISH · SIDE

Garlic Mushrooms with Padrón Peppers

Champiñones al ajillo con pimientos de Padrón

20 min · Serves 2 · 304 kcal a serve · Video 6:49 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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About 6 g net carbs a serve and rich in vitamin C: blistered padrón peppers and button mushrooms with garlic and a splash of white wine, a classic Spanish tapa. Paleo as written; the generous olive oil and salt put it over the DASH side limits.

Diet notes: Keto (6.3 g net carbs a serve).

Ingredients 7 · SERVES 2

- [ ] 15 **padrón peppers** (or shishito peppers)
- [ ] 12 **button mushrooms**, halved
- [ ] 4 **garlic** cloves, thinly sliced
- [ ] ¼ cup extra **virgin olive oil**
- [ ] ¼ cup **white wine**
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste
- [ ] a dash of **sweet smoked Spanish paprika**, to finish

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the padrón peppers and pat them completely dry. 1:06
2. Thinly slice the garlic and measure out the wine. 1:33
3. Scrub the mushrooms clean, pat them dry, trim the stems and cut each in half. 2:07
4. Heat the olive oil in a deep sauté pan over medium heat for 2 minutes, add the peppers and stir constantly. 2:54
5. When the peppers start to blister, after about 2 minutes, add the mushrooms and keep stirring about 5 minutes. 3:38
6. Add the garlic and stir until fragrant. 4:15
7. Pour in the wine, season with salt and pepper and cook about 2½ minutes, until the alcohol has cooked off. 4:41
8. Tip into a shallow bowl and dust with smoked paprika. 5:05

Tip Shishito peppers are the closest swap if you can't find padrón.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
304 kcal	4.1 g	8.2 g	1.9 g	27 g	400 mg
1,270 kJ	8% of a day	6.3 g net · 3.3 g sugars	7% of a day	3.8 g saturated	17% of a day
		3% of a day		35% of a day	

Energy from net carbs 9% · protein 6% · fat 85% — fits keto: 6.3 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin C 38% · Vitamin E 27% · Selenium 20%

Source of (10–19%) Vitamin B6 17% · Vitamin K 16% · Omega-3 13% · Potassium 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=UhRMr21TKhs. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/champinones-con-pimientos-de-padron