

**1%**
HEALTH SCORE

Creamy Porcini Mushroom Polenta

 **Gluten Free**

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**266 kcal**

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 cup the following: parmesan rind) fresh ()
- 0.5 cup cup heavy whipping cream (or until desired consistency)
- 1 cup parmesan cheese grated to taste ()
- 1 cup polenta
- 6 servings salt to taste
- 4 cups water

Equipment

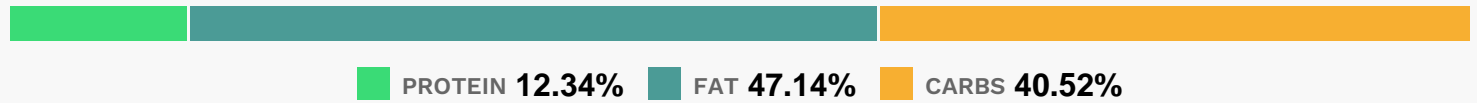
sauce pan

whisk

Directions

In a large heavy bottomed saucepan, season water with salt and bring to a boil. Quickly whisk in the polenta until fully incorporated. Lower the heat to a simmer, add the butter and porcini and allow the polenta to cook, stirring occasionally for about 30 minutes. Finish by stirring in the cream and Parmesan cheese. If necessary, add salt to taste.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.814347826087%

Nutrients (% of daily need)

Calories: 266.46kcal (13.32%), Fat: 14.08g (21.67%), Saturated Fat: 8.4g (52.47%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 26.28g (9.56%), Sugar: 0.86g (0.96%), Cholesterol: 41.93mg (13.98%), Sodium: 514.57mg (22.37%), Protein: 8.3g (16.59%), Selenium: 13.11µg (18.73%), Calcium: 166.88mg (16.69%), Phosphorus: 150.79mg (15.08%), Copper: 0.3mg (14.76%), Vitamin B5: 1.26mg (12.57%), Vitamin A: 550.74IU (11.01%), Vitamin B2: 0.17mg (9.73%), Zinc: 1.25mg (8.36%), Magnesium: 22.17mg (5.54%), Vitamin B6: 0.1mg (5.23%), Vitamin B3: 1mg (5.01%), Manganese: 0.1mg (4.89%), Potassium: 158mg (4.51%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.58µg (3.88%), Fiber: 0.96g (3.84%), Vitamin B1: 0.06mg (3.8%), Folate: 10.8µg (2.7%), Iron: 0.44mg (2.46%), Vitamin E: 0.32mg (2.14%), Vitamin K: 1.16µg (1.11%)