



Creamy White Polenta with Mushrooms and Mascarpone

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



559 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb exotic mushrooms such as porcini fresh assorted
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 garlic clove smashed
- ☐ 0.3 cup heavy cream
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 cup mascarpone cheese

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmigiano-reggiano finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup coarse grits white organic stone-ground (preferably)
- ☐ 3 tablespoons butter unsalted cold
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

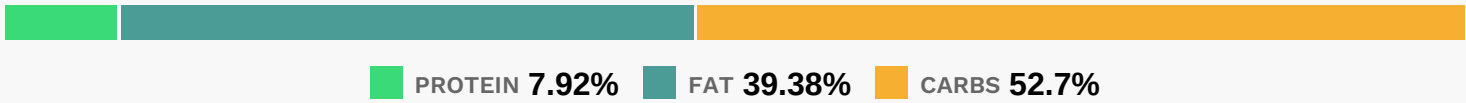
Directions

- ☐ Bring water to a simmer in a 3- to 4-quart heavy saucepan.
- ☐ Add grits in a slow stream, whisking until incorporated. Simmer, stirring occasionally with a long-handled whisk or wooden spoon, until liquid is absorbed and polenta is thick and soft, about 30 minutes. (Grits will have a loose, risotto-like consistency.)
- ☐ Remove from heat and stir in cream, cheese, salt, and pepper. Keep warm, covered.
- ☐ If using porcini, halve if large, then slice lengthwise into 1/4-inch-thick slices. If using oysters, trim spongy base if necessary and slice caps into 1/2-inch-wide strips. If using chanterelles, leave small mushrooms whole, halve if medium, and quarter if large. If using lobsters, cut into 1/2-inch pieces. If using hedgehogs, trim base of stems and halve caps if large.
- ☐ Heat oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then sauté mushrooms, garlic, salt, and pepper, stirring occasionally, until mushrooms are golden and any liquid they give off is evaporated, 6 to 8 minutes.
- ☐ Add water, butter, lemon juice, and parsley and heat, swirling skillet, until butter melts and liquid forms a sauce.
- ☐ Top each serving of polenta with mushrooms and mascarpone.
- ☐ Serve immediately (polenta stiffens as it cools), sprinkled with Parmigiano-Reggiano.

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Mushroom sauce can be made 1 hour ahead and kept, covered, at room temperature. Reheat before using.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:32.789999705294%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 558.95kcal (27.95%), Fat: 26.21g (40.32%), Saturated Fat: 12.58g (78.63%), Carbohydrates: 78.91g (26.3%), Net Carbohydrates: 69.73g (25.36%), Sugar: 2.25g (2.5%), Cholesterol: 46.14mg (15.38%), Sodium: 245.48mg (10.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.71%), Copper: 3.93mg (196.64%), Vitamin B5: 16.72mg (167.19%), Vitamin B2: 1mg (58.76%), Selenium: 40.09µg (57.28%), Vitamin B3: 11mg (55.01%), Manganese: 0.94mg (46.92%), Zinc: 5.99mg (39.94%), Vitamin B6: 0.78mg (39.09%), Fiber: 9.17g (36.7%), Potassium: 1218.72mg (34.82%), Folate: 127.04µg (31.76%), Magnesium: 109.31mg (27.33%), Phosphorus: 261.82mg (26.18%), Vitamin D: 3.22µg (21.47%), Vitamin B1: 0.27mg (17.74%), Vitamin K: 16.21µg (15.43%), Vitamin A: 708.75IU (14.17%), Iron: 1.69mg (9.37%), Vitamin E: 1.28mg (8.51%), Calcium: 65.95mg (6.59%), Vitamin C: 5.2mg (6.3%)