



Escabèche of Mushrooms with Polenta

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

423 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup canned tomatoes diced with their juice from one 15-ounce can canned
- ☐ 1 cup cilantro leaves chopped
- ☐ 1.3 cups cornmeal
- ☐ 2 cloves garlic minced
- ☐ 1 jalapeno sliced
- ☐ 1 pound mushrooms sliced
- ☐ 3 tablespoons olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 2 cups cabbage shredded red
- ☐ 1 onion red sliced
- ☐ 3 teaspoons salt
- ☐ 0.3 pound mushroom caps sliced
- ☐ 6.5 cups water
- ☐ 2 tablespoons red-wine vinegar

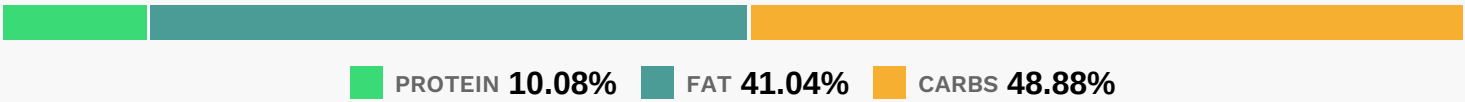
Equipment

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

Directions

- ☐ In a medium saucepan, bring 4 1/2 cups of the water and 1 teaspoon of the salt to a boil.
- ☐ Add the cornmeal in a slow stream, whisking.
- ☐ Whisk in the butter. Reduce the heat and simmer, stirring frequently with a wooden spoon, until the polenta is very thick, about 20 minutes. Cover to keep warm.
- ☐ Meanwhile, in a large deep frying pan, heat the oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and cook, stirring, for 1 minute.
- ☐ Add the tomatoes, vinegar, oregano, and jalapeo. Cook, stirring frequently, for 5 minutes.
- ☐ Add all the mushrooms, the cabbage, and 1 cup of the water to the pan. Bring to a boil. Cover and reduce the heat to moderately low. Simmer, stirring occasionally, for 15 minutes.
- ☐ Add the remaining 1 cup water and 2 teaspoons salt and simmer, covered, until the vegetables are tender, about 10 minutes more. Stir in the cilantro and serve over the polenta.
- ☐ Wine Recommendation: Made from tempranillo, Spain's greatest red grape, Riojas offer wonderful concentrated roasted-berry flavors. Long aging in oak barrels gives them a supple, round texture and a complex spiciness that makes them great accompaniment for this

Nutrition Facts



Properties

Glycemic Index:85.13, Glycemic Load:25.78, Inflammation Score:-9, Nutrition Score:24.611304311649%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 423.03kcal (21.15%), Fat: 20.06g (30.86%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 53.75g (17.92%), Net Carbohydrates: 44.47g (16.17%), Sugar: 8.26g (9.18%), Cholesterol: 15.05mg (5.02%), Sodium: 1920.73mg (83.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Vitamin C: 41.11mg (49.83%), Vitamin K: 41.95µg (39.95%), Vitamin B2: 0.65mg (38.44%), Vitamin B6: 0.75mg (37.55%), Fiber: 9.28g (37.12%), Vitamin B3: 7.27mg (36.36%), Manganese: 0.73mg (36.32%), Copper: 0.67mg (33.53%), Phosphorus: 289.39mg (28.94%), Vitamin B5: 2.66mg (26.63%), Potassium: 925.44mg (26.44%), Magnesium: 96.68mg (24.17%), Selenium: 16.17µg (23.09%), Vitamin B1: 0.33mg (22.1%), Vitamin A: 1058.59IU (21.17%), Iron: 3.66mg (20.34%), Zinc: 2.86mg (19.07%), Vitamin E: 2.66mg (17.75%), Folate: 63.88µg (15.97%), Calcium: 80.75mg (8.07%), Vitamin D: 0.34µg (2.27%)