



Fish with Polenta and Mushrooms: Merluzzo con Polenta e Funghi

READY IN



50 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 year old balsamic vinegar
- 24 ounce cod
- 4 servings mixing flour instant quick
- 0.5 cup cornmeal white stone ground
- 1 cup milk
- 12 ounces mushrooms wild mixed washed and dried
- 4 servings full olive oil extra-virgin flavored
- 4 servings sea salt and pepper black freshly ground

- 4 servings butter unsalted
- 0.8 cup water

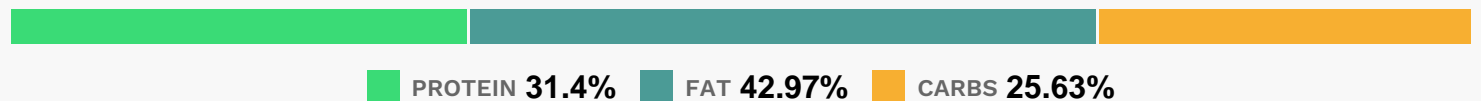
Equipment

- frying pan
- oven
- whisk

Directions

- Combine the milk, water, and cornmeal in a medium sized saute pan. Cook over low heat stirring constantly with a whisk until the mixture thickens (approximately 1/2 hour). After removing from the heat stir in 1-teaspoon butter and 1 teaspoon olive oil.
- In a saute pan, cook the mushrooms over high heat with 2 tablespoons olive oil and 1 tablespoon butter for 3 minutes. Season to taste with salt and pepper.
- Heat 1-tablespoon olive oil in a saute pan. Lightly flour the cod with the instant flour.
- Place the fish in the pan and add 1-tablespoon butter. Cook for 3 minutes and then turn over.
- Place the pan in a 400-degree F oven for 2 minutes to finish cooking the fish. Salt and pepper, to taste.
- Place a small mound of the polenta in the center of the plate.
- Place the cod directly on top of the polenta.
- Spread some of the mushrooms around the fish and drizzle the olive oil and balsamic vinegar around the edge of the plate.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:6.72, Inflammation Score:-6, Nutrition Score:23.849565174269%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 474.56kcal (23.73%), Fat: 22.64g (34.83%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 25.96g (9.44%), Sugar: 5.83g (6.48%), Cholesterol: 91.21mg (30.4%), Sodium: 127.56mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.23g (74.46%), Selenium: 64.91µg (92.72%), Phosphorus: 567.98mg (56.8%), Vitamin B6: 0.82mg (41.14%), Vitamin B3: 7.87mg (39.37%), Potassium: 1155.49mg (33.01%), Vitamin B12: 1.89µg (31.43%), Magnesium: 106.42mg (26.6%), Vitamin B2: 0.45mg (26.2%), Vitamin B5: 2.3mg (22.98%), Vitamin E: 3.33mg (22.2%), Manganese: 0.42mg (21.05%), Vitamin B1: 0.3mg (19.8%), Fiber: 4.42g (17.68%), Vitamin D: 2.62µg (17.45%), Zinc: 2.6mg (17.34%), Iron: 2.21mg (12.29%), Copper: 0.23mg (11.68%), Calcium: 111.38mg (11.14%), Folate: 43.22µg (10.8%), Vitamin K: 9.4µg (8.95%), Vitamin A: 292.36IU (5.85%), Vitamin C: 1.7mg (2.06%)