



Fontal Polenta with Mushroom Sauté



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 8 ounce crimini mushrooms
- ☐ 4 ounces fontina shredded divided
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 3 garlic clove chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 cups milk 2% reduced-fat
- ☐ 8 ounce mushrooms chopped

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano fresh minced
- ☐ 0.8 cup polenta instant
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable stock organic
- ☐ 1.5 cups vegetable stock organic

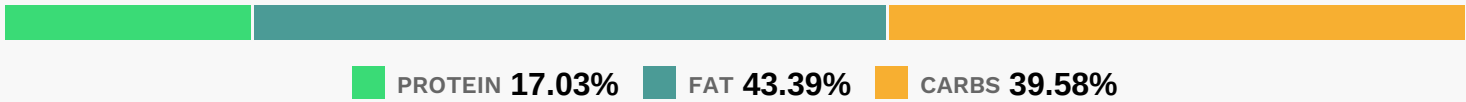
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a skillet over high heat.
- ☐ Add mushrooms; saut 4 minutes.
- ☐ Add herbs and garlic; saut 1 minute. Stir in 1/3 cup broth, juice, 1/8 teaspoon salt, and pepper.
- ☐ Bring milk and 1 1/2 cups broth to a boil. Stir in polenta; cook 4 minutes, stirring constantly. Stir in half of cheese and 1/4 teaspoon salt. Divide polenta among 4 gratin dishes; top with remaining cheese. Broil 5 minutes. Top each serving with 1/2 cup mushrooms.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:17.209999872291%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 384.13kcal (19.21%), Fat: 18.88g (29.05%), Saturated Fat: 7.96g (49.73%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 36.27g (13.19%), Sugar: 9.94g (11.04%), Cholesterol: 42.33mg (14.11%), Sodium: 940.57mg (40.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.34%), Selenium: 30.44µg (43.48%), Vitamin B2: 0.7mg (40.92%), Phosphorus: 364.6mg (36.46%), Calcium: 320.18mg (32.02%), Vitamin B3: 4.9mg (24.51%), Vitamin B5: 2.41mg (24.09%), Copper: 0.41mg (20.65%), Zinc: 2.93mg (19.55%), Vitamin B12: 1.16µg (19.31%), Potassium: 669.3mg (19.12%), Vitamin B6: 0.37mg (18.71%), Manganese: 0.33mg (16.53%), Vitamin A: 701.11IU (14.02%), Magnesium: 43.74mg (10.94%), Vitamin B1: 0.16mg (10.6%), Fiber: 2.48g (9.93%), Folate: 32.03µg (8.01%), Vitamin E: 1.18mg (7.85%), Vitamin K: 6.97µg (6.64%), Iron: 1.11mg (6.18%), Vitamin C: 2.71mg (3.29%), Vitamin D: 0.45µg (3.02%)