



Herbed Polenta with Beans and Bok Choy

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces portabello mushrooms sliced
- 6 ounces baby bok choy sliced
- 1 bay leaves
- 1 teaspoon basil dried
- 3 tablespoons basil dried chopped (I used 2 teaspoons)
- 2 teaspoons garlic minced
- 14 ounce turtle beans drained canned (or beans)
- 1 small onion chopped

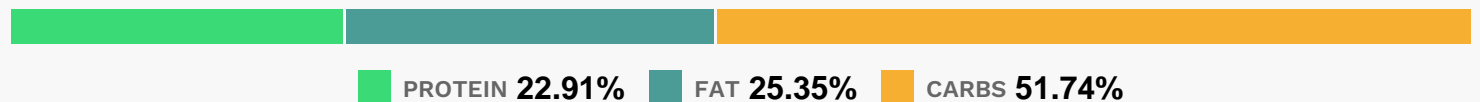
- 1 and orange peppers red yellow chopped (or a combination of colors)
- 2 teaspoons oregano chopped
- 5 servings parmesan
- 2 tablespoons flat parsley italian chopped
- 1 cup polenta
- 1 teaspoon rosemary chopped
- 1 teaspoon salt
- 5 servings pepper black freshly ground
- 0.5 cup vegetable stock
- 4.3 cups water
- 1 teaspoon balsamic vinegar white

Equipment

Directions

- Add the garlic, bell pepper, and mushrooms and add a sprinkle of salt. Cook over medium-high heat, stirring, until mushrooms soften.
- Add the broth, bok choy, beans, and basil, stir well, and cover. Cook for about 5 minutes, until bok choy is wilted but still bright green. Season to taste with salt and pepper, and stir in vinegar.
- Serve atop polenta cubes, sprinkled with vegan Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:74.8, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:24.345217357511%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin:

0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 303.32kcal (15.17%), Fat: 8.7g (13.38%), Saturated Fat: 5.09g (31.84%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 35.14g (12.78%), Sugar: 3.96g (4.4%), Cholesterol: 20.4mg (6.8%), Sodium: 1086.08mg (47.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Vitamin C: 66.04mg (80.05%), Vitamin K: 77.8µg (74.1%), Vitamin A: 2781.98IU (55.64%), Calcium: 518.08mg (51.81%), Phosphorus: 332.27mg (33.23%), Folate: 121.92µg (30.48%), Selenium: 20.98µg (29.97%), Iron: 4.74mg (26.33%), Manganese: 0.45mg (22.52%), Fiber: 4.8g (19.22%), Magnesium: 71.6mg (17.9%), Copper: 0.33mg (16.41%), Potassium: 567.81mg (16.22%), Vitamin B3: 2.95mg (14.73%), Vitamin B6: 0.29mg (14.39%), Vitamin B2: 0.23mg (13.76%), Zinc: 1.86mg (12.39%), Vitamin B5: 0.94mg (9.44%), Vitamin B1: 0.11mg (7.11%), Vitamin B12: 0.38µg (6.38%), Vitamin E: 0.89mg (5.95%), Vitamin D: 0.29µg (1.91%)