



WHATSheATE



Kale and Mushrooms with Creamy Polenta



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.8 teaspoon ground pepper black
- ☐ 1.3 pounds kale stemmed cut into 1-inch pieces
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup low-salt chicken broth
- ☐ 4 ounces mushrooms stemmed sliced (such as crimini, oyster, and shiitake)
- ☐ 4 tablespoons olive oil extra-virgin divided

- ☐ 4 ounces pancetta italian coarsely chopped (bacon)
- ☐ 0.7 cup parmesan cheese freshly grated
- ☐ 2 cups polenta
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted
- ☐ 3.5 cups water
- ☐ 4 cups milk whole

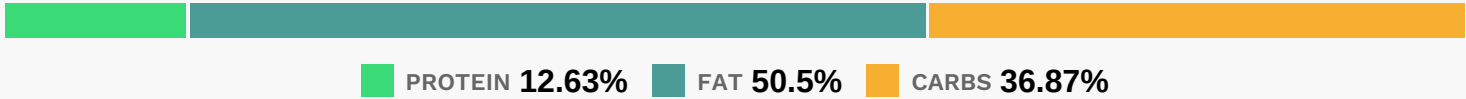
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook kale in large pot of boiling salted water until tender, about 6 minutes.
- ☐ Drain.
- ☐ Bring milk, water, polenta, salt, and pepper to boil in heavy large saucepan over medium heat, whisking constantly. Reduce heat to low and simmer until thick, stirring occasionally, about 20 minutes.
- ☐ Remove from heat.
- ☐ Meanwhile, cook pancetta in heavy large skillet over medium-high heat until golden brown, about 3 minutes. Using slotted spoon, transfer pancetta to paper towels.
- ☐ Add mushrooms and 2 tablespoons oil to drippings in skillet. Sauté until mushrooms are tender, about 6 minutes. Stir in kale and pancetta.
- ☐ Add garlic and broth; simmer until broth is slightly reduced, about 6 minutes. Stir in thyme, lemon peel, and 2 tablespoons oil. Season to taste with salt and pepper.
- ☐ Whisk butter and Parmesan into polenta and divide among plates. Top with kale mixture.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:32.857391274494%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 22.3mg, Isorhamnetin: 22.3mg, Isorhamnetin: 22.3mg, Isorhamnetin: 22.3mg Kaempferol: 44.23mg, Kaempferol: 44.23mg, Kaempferol: 44.23mg, Kaempferol: 44.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.35mg, Quercetin: 21.35mg, Quercetin: 21.35mg, Quercetin: 21.35mg

Nutrients (% of daily need)

Calories: 613.82kcal (30.69%), Fat: 35g (53.85%), Saturated Fat: 13.65g (85.33%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 52.08g (18.94%), Sugar: 9.38g (10.42%), Cholesterol: 61.73mg (20.58%), Sodium: 641.14mg (27.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.38%), Vitamin K: 376.07µg (358.16%), Vitamin A: 10266.44IU (205.33%), Vitamin C: 93.84mg (113.75%), Calcium: 561.08mg (56.11%), Vitamin B2: 0.73mg (42.65%), Manganese: 0.79mg (39.35%), Phosphorus: 380.76mg (38.08%), Selenium: 22.58µg (32.26%), Potassium: 803.86mg (22.97%), Vitamin B1: 0.34mg (22.71%), Fiber: 5.42g (21.67%), Vitamin B6: 0.41mg (20.7%), Magnesium: 79.08mg (19.77%), Vitamin B12: 1.17µg (19.43%), Vitamin B3: 3.7mg (18.5%), Folate: 66.64µg (16.66%), Vitamin E: 2.41mg (16.07%), Iron: 2.81mg (15.61%), Zinc: 2.15mg (14.34%), Vitamin B5: 1.4mg (14.03%), Vitamin D: 2.1µg (13.99%), Copper: 0.22mg (10.82%)