



Mushroom Polenta Canapés



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon butter melted
- ☐ 3.5 ounces crimini mushrooms sliced
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 0.5 teaspoon thyme sprigs fresh minced
- ☐ 1 ounce gruyere cheese shaved

- ☐ 2 ounces gruyere cheese shredded
- ☐ 1.5 cups oats
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots thinly sliced
- ☐ 3.5 ounces mushroom caps sliced
- ☐ 1 teaspoon wine dry white dry
- ☐ 1 cup water boiling
- ☐ 4.5 cups water

Equipment

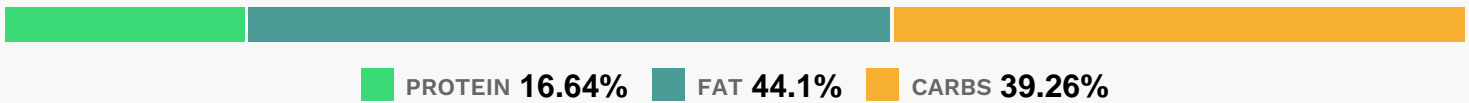
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ broiler

Directions

- ☐ To prepare polenta, bring 4 1/2 cups water to a boil in a medium saucepan. Gradually add polenta and 1 teaspoon salt, stirring constantly with a whisk. Reduce heat to low; cook 3 minutes or until thick, stirring frequently. Spoon polenta into a 13 x 9inch baking pan coated with cooking spray, spreading evenly. Press plastic wrap onto surface of polenta; chill 1 hour or until firm.
- ☐ Preheat broiler.
- ☐ Invert polenta onto a baking sheet coated with cooking spray.
- ☐ Cut polenta into 36 rectangles (leave polenta on baking sheet). Broil 5 minutes. Turn polenta over.

- ☐ Brush polenta with 1 tablespoon butter. Broil 5 minutes.
- ☐ Sprinkle 1/2 cup shredded cheese evenly over rectangles; broil 5 minutes or until cheese melts.
- ☐ To prepare topping, combine 1 cup boiling water and porcini mushrooms in a bowl; cover and let stand for 15 minutes.
- ☐ Drain; chop mushrooms.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add shallots to pan; cook 4 minutes or until tender, stirring frequently. Stir in red pepper; cook 30 seconds.
- ☐ Add porcini, shiitake, and cremini mushrooms; cook over medium-high heat 10 minutes or until liquid evaporates, stirring occasionally. Stir in vermouth, thyme, 1/4 teaspoon salt, and black pepper; cook 2 minutes, stirring frequently.
- ☐ Spoon 1 teaspoon mushroom mixture on top of each polenta rectangle; top rectangles evenly with shaved cheese.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:4.27, Inflammation Score:-3, Nutrition Score:5.7808696083401%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 97.05kcal (4.85%), Fat: 4.95g (7.62%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 8.33g (3.03%), Sugar: 1.06g (1.18%), Cholesterol: 12.81mg (4.27%), Sodium: 316.13mg (13.74%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 4.2g (8.4%), Manganese: 0.51mg (25.45%), Phosphorus: 116.75mg (11.67%), Selenium: 7.75µg (11.07%), Magnesium: 36.67mg (9.17%), Copper: 0.18mg (8.92%), Calcium: 85.15mg (8.52%), Vitamin B5: 0.64mg (6.41%), Vitamin B2: 0.11mg (6.37%), Fiber: 1.58g (6.34%), Zinc: 0.91mg (6.07%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 0.91mg (4.55%), Vitamin B6: 0.08mg (4.22%), Potassium: 146.65mg (4.19%), Iron: 0.67mg (3.75%), Folate: 11.38µg (2.84%), Vitamin A: 136.13IU (2.72%), Vitamin B12: 0.13µg (2.09%), Vitamin E: 0.16mg (1.05%)