



Mushroom Ragout with Polenta

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 cups bottled marinara sauce
- ☐ 1 pound mushrooms halved quartered (24 medium)
- ☐ 2 tablespoons parmesan grated
- ☐ 0.1 teaspoon pepper
- ☐ 8.5 inch thick polenta (from a 2-lb. tube)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

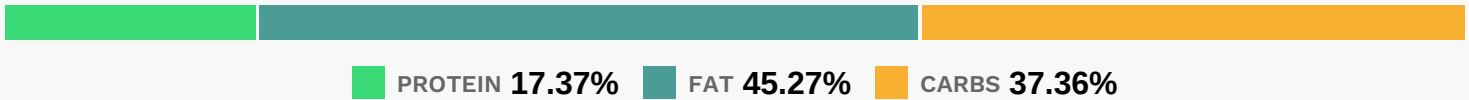
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add mushrooms, salt and pepper. Saut until mushrooms start to give off liquid, about 5 minutes.
- ☐ Add marinara and cook, stirring occasionally, until warmed though, about 3 minutes. Keep warm.
- ☐ Set a rack 3 inches from heat source and preheat broiler to high. Line a broiling pan with foil; lightly oil foil. Arrange polenta on broiling pan and broil until lightly browned, 3 to 4 minutes. Turn and sprinkle with Parmesan. Broil until lightly browned and hot, 3 to 4 minutes longer.
- ☐ Divide polenta among 4 plates. Top with mushroom ragout.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:4.89, Inflammation Score:-8, Nutrition Score:26.395652242329%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 255.78kcal (12.79%), Fat: 14.13g (21.75%), Saturated Fat: 8.22g (51.4%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 20.89g (7.59%), Sugar: 11.18g (12.43%), Cholesterol: 33.5mg (11.17%), Sodium: 1257.01mg (54.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Vitamin K: 72.05µg (68.62%), Vitamin

B2: 1.06mg (62.41%), Vitamin B3: 10.21mg (51.06%), Copper: 0.95mg (47.62%), Vitamin B5: 4.07mg (40.71%), Potassium: 1313.58mg (37.53%), Selenium: 25.31µg (36.15%), Vitamin A: 1545.29IU (30.91%), Phosphorus: 293.12mg (29.31%), Vitamin C: 22.95mg (27.81%), Vitamin B6: 0.44mg (22.04%), Fiber: 5.36g (21.44%), Vitamin E: 3.04mg (20.24%), Iron: 3.31mg (18.4%), Manganese: 0.34mg (16.97%), Vitamin B1: 0.25mg (16.54%), Folate: 62.5µg (15.63%), Magnesium: 55.59mg (13.9%), Zinc: 1.82mg (12.15%), Calcium: 101.56mg (10.16%), Vitamin D: 0.69µg (4.59%), Vitamin B12: 0.17µg (2.91%)