



## Mushroom Ragù with Polenta

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

### Ingredients

- 16 ounce baby portobello mushrooms sliced
- 17 ounce basil and garlic-flavored polenta refrigerated prepared cut into 12 slices (such as marjon)
- 28 ounce canned tomatoes diced with basil, garlic, and oregano, drained canned
- 0.3 cup carrots diced ( 4 medium)
- 0.5 cup celery diced ( 1 stalk)
- 0.3 teaspoon pepper red crushed
- 1 tablespoon garlic minced
- 1 tablespoon lemon rind fresh grated

- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese grated
- 0.5 cup onion red chopped ()

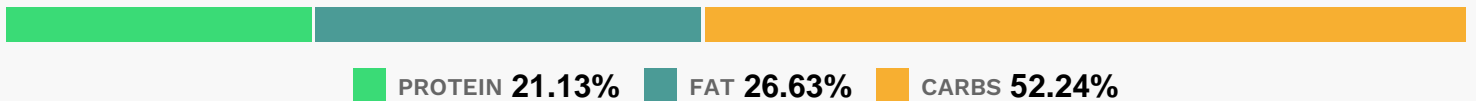
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add celery and next 3 ingredients; saut 3 minutes or until vegetables are crisp-tender.
- Add mushrooms, and saut 8 minutes or until mushrooms release their liquid. Stir in tomatoes, lemon rind, and red pepper. Increase heat to medium-high, and cook 3 minutes.
- Remove rag from pan; wipe pan clean with paper towels. Keep rag warm.
- Place pan over medium-high heat. Coat polenta slices with cooking spray; add to pan. Cook 4 to 5 minutes on each side or until browned.
- Serve mushroom rag over polenta in individual bowls; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:60.96, Glycemic Load:5.94, Inflammation Score:-10, Nutrition Score:38.132173797359%

## Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

## Nutrients (% of daily need)

Calories: 175.81kcal (8.79%), Fat: 6.02g (9.27%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 18.33g (6.67%), Sugar: 13.54g (15.05%), Cholesterol: 2.17mg (0.73%), Sodium: 341.53mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.51%), Vitamin K: 518.04µg (493.37%), Vitamin A: 8680.95IU (173.62%), Manganese: 1.92mg (95.82%), Copper: 1.18mg (58.9%), Vitamin C: 45.01mg (54.55%), Vitamin B3: 8.81mg (44.06%), Potassium: 1463.3mg (41.81%), Iron: 6.95mg (38.6%), Folate: 150.29µg (37.57%), Vitamin B6: 0.73mg (36.62%), Selenium: 24µg (34.29%), Fiber: 8.26g (33.03%), Calcium: 325.48mg (32.55%), Magnesium: 123.25mg (30.81%), Phosphorus: 285.47mg (28.55%), Vitamin E: 4.15mg (27.64%), Vitamin B5: 2.21mg (22.07%), Vitamin B2: 0.37mg (22.01%), Vitamin B1: 0.28mg (18.77%), Zinc: 2.33mg (15.53%), Vitamin D: 0.35µg (2.35%), Vitamin B12: 0.09µg (1.51%)