



Paula's Polenta with Mushroom Topping



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound button mushrooms sliced
- ☐ 1 cup cornmeal
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 0.5 small onion minced

- ☐ 0.5 teaspoon salt
- ☐ 4 cups water

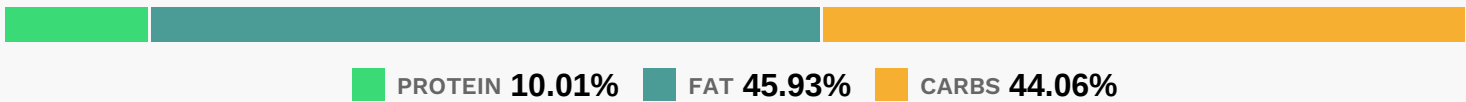
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ wax paper
- ☐ spatula

Directions

- ☐ In a heavy saucepan over high heat, bring water to a boil with salt and pepper. Slowly pour in cornmeal, stirring constantly with a wooden spoon. Reduce heat to low and cook 20 minutes, stirring frequently as the mixture thickens.
- ☐ Using a wet spatula spoon the cornmeal mixture (polenta) 1/2 inch thick onto a sheet of wax paper. Set aside to cool.
- ☐ Preheat oven to broil. Lightly grease a baking sheet.
- ☐ Heat oil in a large skillet over high heat. Cook mushrooms, onion, garlic and herbs in the hot oil until mushrooms are tender.
- ☐ Cut cooled polenta into squares and place on prepared baking sheet. Broil until browned on both sides.
- ☐ Serve with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:18.61, Inflammation Score:-5, Nutrition Score:15.887826178385%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 308.22kcal (15.41%), Fat: 16.3g (25.08%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 29.63g (10.77%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 312.27mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Vitamin K: 42.25µg (40.23%), Vitamin B2: 0.51mg (30.11%), Copper: 0.53mg (26.65%), Vitamin B3: 5.17mg (25.86%), Manganese: 0.5mg (25.09%), Fiber: 5.56g (22.22%), Vitamin B6: 0.42mg (20.76%), Vitamin B5: 1.98mg (19.79%), Phosphorus: 197.8mg (19.78%), Selenium: 13.44µg (19.21%), Magnesium: 64.77mg (16.19%), Iron: 2.89mg (16.04%), Potassium: 548.76mg (15.68%), Vitamin B1: 0.22mg (14.87%), Vitamin E: 2.22mg (14.82%), Zinc: 1.98mg (13.2%), Folate: 39.21µg (9.8%), Vitamin C: 5.3mg (6.43%), Calcium: 45.53mg (4.55%), Vitamin A: 93.49IU (1.87%), Vitamin D: 0.23µg (1.51%)