



Polenta Bites with Caramelized Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



50

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 servings pepper black freshly ground
- ☐ 2 cups chicken stock see
- ☐ 0.5 pound cremini mushrooms cut into quarters
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 3 cups heavy cream
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup parmesan freshly grated plus more for garnish
- ☐ 2 tablespoons parsley leaves italian finely chopped
- ☐ 1 cup polenta
- ☐ 1 teaspoon ground sea salt finely
- ☐ 50 servings ground salt finely
- ☐ 2 tablespoons butter unsalted

Equipment

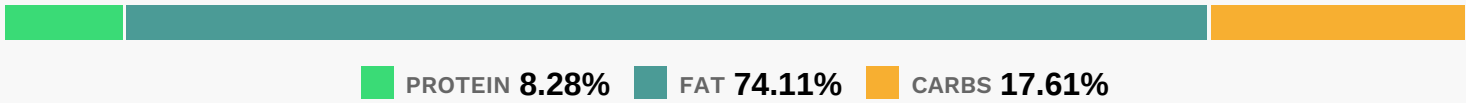
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Cook the polenta: In a medium, heavy pot over high heat bring the cream, stock, salt, and nutmeg to a boil.
- ☐ Add the polenta gradually, whisking constantly. When the mixture thickens, switch to a wooden spoon and adjust the heat to maintain a bare simmer. Cook, stirring often, until thick, smooth, and creamy, about 15 minutes.
- ☐ Add the Parmesan and stir. Keep the polenta warm over low heat, stirring occasionally. If the polenta gets dry as it sits, stir in about 1/4 cup of warm stock or cream.
- ☐ Saute the mushrooms: In a medium skillet over high heat, heat the olive oil. When the oil is hot, sprinkle in the mushrooms in a single layer. Don't stir them!
- ☐ Let them sizzle until they have caramelized on the bottom, about 2 minutes. When the bottoms are caramelized, toss them once and season with salt and pepper, to taste. Continue to cook without stirring for about 5 minutes. Season mushrooms with salt and pepper.
- ☐ Add the butter and cook until it begins to brown, then add the garlic. Continue to cook until the garlic begins to brown.
- ☐ Add the thyme and cook for about 10 seconds.

- ☐ Add the lemon juice and cook until the liquid evaporates.
- ☐ Add the wine, and simmer until the mushrooms are glazed with the sauce.
- ☐ Add the parsley. Then stir and remove the pan from the heat.
- ☐ Place or pipe about 1 tablespoon of warm polenta onto a spoon.
- ☐ Place about 1/2 teaspoon of the mushroom on top of the polenta.
- ☐ Garnish with grated Parmesan.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.02, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.9204347962918%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 87.86kcal (4.39%), Fat: 7.14g (10.98%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.74g (0.82%), Cholesterol: 18.99mg (6.33%), Sodium: 290.64mg (12.64%), Alcohol: 0.37g (100%), Alcohol %: 1.17% (100%), Protein: 1.79g (3.59%), Vitamin A: 262.62IU (5.25%), Selenium: 2.85µg (4.07%), Vitamin B2: 0.07mg (3.92%), Vitamin K: 3.87µg (3.69%), Calcium: 36.08mg (3.61%), Phosphorus: 33.93mg (3.39%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.28mg (1.84%), Copper: 0.04mg (1.77%), Vitamin D: 0.25µg (1.68%), Potassium: 56.7mg (1.62%), Manganese: 0.03mg (1.61%), Vitamin B5: 0.14mg (1.35%), Vitamin B6: 0.03mg (1.35%), Zinc: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.1%), Magnesium: 4.34mg (1.08%)