



Polenta Gratin with Mushrooms and Fontina

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



649 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 ounce fontina shredded
- ☐ 0.3 cup basil fresh chopped
- ☐ 8 ounce mushrooms
- ☐ 16 ounce polenta cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sun-dried olives (such as Classico)

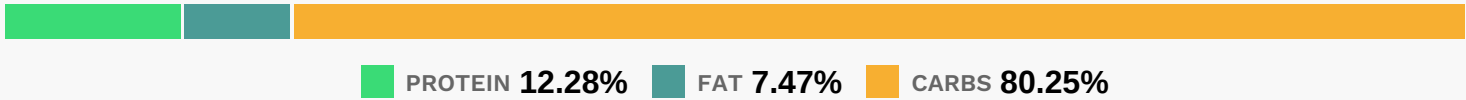
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 50
- ☐ Arrange polenta slices in an 11 x 7-inch baking dish coated with cooking spray, allowing slices to overlap.
- ☐ Heat a medium nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms; cook 2 minutes, stirring frequently. Stir in garlic and salt. Cover, reduce heat, and cook 2 minutes. Stir in Alfredo sauce and basil.
- ☐ Spoon mushroom mixture evenly over polenta. Top with cheese.
- ☐ Bake at 500 for 7 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:2.35, Inflammation Score:-6, Nutrition Score:16.937825948%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 648.81kcal (32.44%), Fat: 5.39g (8.3%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 130.39g (43.46%), Net Carbohydrates: 125.64g (45.69%), Sugar: 7.23g (8.03%), Cholesterol: 10.96mg (3.65%), Sodium: 288.12mg (12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.91%), Selenium: 35.02µg (50.03%), Vitamin B3: 5.69mg (28.47%), Copper: 0.54mg (27.13%), Vitamin B2: 0.45mg (26.28%), Phosphorus: 255.27mg (25.53%), Potassium: 885.44mg (25.3%), Manganese: 0.47mg (23.7%), Vitamin B1: 0.33mg (21.89%), Vitamin B5: 2.17mg (21.75%), Fiber: 4.75g (18.98%), Vitamin B6: 0.37mg (18.65%), Magnesium: 74.36mg (18.59%), Iron: 3.12mg (17.31%), Vitamin K: 14.28µg (13.6%), Vitamin A: 622.31IU (12.45%), Zinc: 1.62mg (10.82%), Vitamin C: 7.26mg (8.8%), Calcium: 77.39mg (7.74%), Folate: 30.7µg (7.67%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.21µg (1.39%)