



Polenta Gratin with Tomato-Porcini Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- 28 oz canned tomatoes with basil crushed canned
- 2 tablespoons porcini mushrooms dried
- 1 tablespoon basil leaves dried fresh minced
- 0.5 pound jack cheese shredded
- 0.3 cup parmesan cheese shredded
- 0.3 cup pinot noir chocolate brownies dry red
- 1 packages polenta plain cooked (2 lb. total)

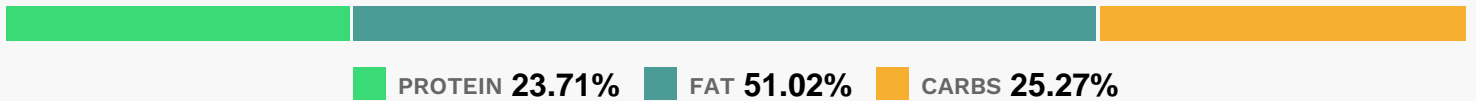
Equipment

- bowl
- frying pan
- oven
- ramekin

Directions

- In a bowl, combine mushrooms and 1/2 cup boiling water and let stand until limp, about 5 minutes.
- Meanwhile, cut the polenta crosswise into 1/2-inch-thick slices. Divide slices among 4 shallow 2-cup gratin dishes or ramekins.
- Bake in a 450 oven until hot, about 5 minutes.
- As polenta bakes, rub mushrooms gently to release grit, then lift from water, squeeze dry, and finely chop. Reserve liquid.
- Put mushrooms in a 10- to 12-inch frying pan.
- Pour in most of the soaking liquid, discarding the gritty remainder.
- Add tomatoes, wine, and basil. Bring to a boil over high heat and boil about 5 minutes, stirring often.
- Remove polenta from oven and spoon sauce evenly over it.
- Sprinkle with jack and parmesan cheeses.
- Broil 6 inches from heat until cheeses begin to brown, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:21.881739305413%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 337.08kcal (16.85%), Fat: 19.47g (29.95%), Saturated Fat: 11.97g (74.83%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 16.69g (6.07%), Sugar: 9.25g (10.27%), Cholesterol: 54.71mg (18.24%), Sodium: 703.99mg (30.61%), Alcohol: 1.58g (100%), Alcohol %: 0.7% (100%), Protein: 20.35g (40.7%), Calcium: 587.66mg (58.77%), Copper: 0.79mg (39.32%), Phosphorus: 383.28mg (38.33%), Vitamin K: 29.19µg (27.8%), Manganese: 0.56mg (27.79%), Vitamin B2: 0.45mg (26.53%), Vitamin B5: 2.33mg (23.26%), Iron: 4.07mg (22.59%), Vitamin C: 18.52mg (22.45%), Potassium: 773.18mg (22.09%), Vitamin B6: 0.43mg (21.66%), Selenium: 14.3µg (20.43%), Zinc: 3.05mg (20.31%), Fiber: 5g (20.01%), Magnesium: 74.68mg (18.67%), Vitamin A: 919.46IU (18.39%), Vitamin E: 2.75mg (18.33%), Vitamin B3: 3.59mg (17.95%), Folate: 51.61µg (12.9%), Vitamin B1: 0.18mg (12.21%), Vitamin B12: 0.55µg (9.09%), Vitamin D: 0.66µg (4.4%)