



Polenta Lasagna With Wild Mushrooms

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 ounce porcini mushrooms dried
- 1 teaspoon rosemary dried
- 1 teaspoon thyme leaves dried
- 0.3 cup cooking wine dry red
- 2 large egg whites lightly beaten
- 29 ounce no-salt-added tomatoes diced undrained canned
- 1 teaspoon olive oil
- 1 cup onion chopped

- 1 teaspoon oregano dried
- 8 ounces part-skim mozzarella cheese shredded divided
- 15 ounce carton part-skim ricotta cheese
- 32 ounce polenta cut into 20 (1/4-inch-thick) slices
- 0.8 pound portobello mushroom caps chopped
- 0.3 teaspoon salt
- 0.5 pound shiitake mushroom caps chopped
- 0.5 pound button mushroom caps chopped
- 3 tablespoons tomato paste
- 0.5 cup water hot

Equipment

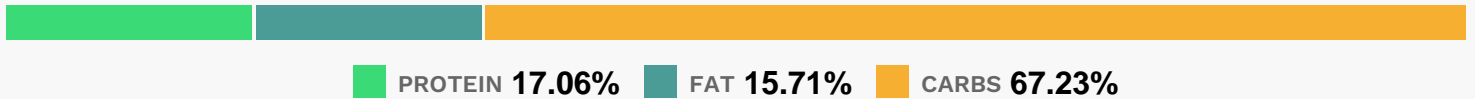
- bowl
- frying pan
- sauce pan
- oven
- sieve
- baking pan

Directions

- Combine porcini and hot water in a small bowl.
- Let stand 30 minutes.
- Drain in a sieve over a bowl, reserving 1/4 cup mushroom liquid. Rinse and drain porcini; finely chop.
- Preheat oven to 375
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 2 minutes.
- Add the porcini, portobello, shiitake, and button mushrooms.
- Sprinkle mushrooms with salt; saut 8 minutes.

- Combine the reserved mushroom liquid, wine, tomato paste, rosemary, oregano, and tomatoes in a medium saucepan. Bring to a boil; reduce heat, and simmer 5 minutes.
- Combine 1 cup mozzarella, thyme, ricotta cheese, and egg whites in a bowl; set aside.
- Arrange 15 polenta slices in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with 2 1/2 cups mushroom mixture, 1 cup tomato sauce, and 1 1/4 cups ricotta mixture. Repeat layer with 15 polenta slices, remaining mushroom mixture, 1 cup tomato sauce, and the remaining ricotta mixture. Top with the remaining polenta slices and tomato sauce.
- Sprinkle the lasagna with 1 cup mozzarella. Cover and bake at 375 for 45 minutes.
- Uncover and bake an additional 15 minutes.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:22.580869913101%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 646.32kcal (32.32%), Fat: 11.24g (17.29%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 108.24g (36.08%), Net Carbohydrates: 102.48g (37.27%), Sugar: 7.76g (8.62%), Cholesterol: 34.62mg (11.54%), Sodium: 397.95mg (17.3%), Alcohol: 0.79g (100%), Alcohol %: 0.22% (100%), Protein: 27.47g (54.94%), Selenium: 46.38µg (66.26%), Phosphorus: 458.12mg (45.81%), Calcium: 417.35mg (41.74%), Vitamin B3: 6.76mg (33.79%), Vitamin B2: 0.54mg (31.74%), Vitamin B6: 0.6mg (29.91%), Vitamin B5: 2.6mg (25.96%), Potassium: 900.94mg (25.74%), Copper: 0.51mg (25.58%), Fiber: 5.76g (23.04%), Manganese: 0.46mg (22.78%), Zinc: 3.14mg (20.93%), Magnesium: 76.65mg (19.16%), Iron: 3.3mg (18.35%), Vitamin B1: 0.26mg (17.54%), Vitamin A: 804.68IU (16.09%), Vitamin C:

12.49mg (15.14%), Folate: 51.34µg (12.84%), Vitamin K: 8.91µg (8.48%), Vitamin E: 1.17mg (7.82%), Vitamin B12: 0.42µg (6.92%), Vitamin D: 0.56µg (3.74%)