



Polenta with Browned Butter and Mushroom Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 1.5 teaspoons cornstarch
- ☐ 8 ounce pre cremini mushrooms
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup polenta dry

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 cups water

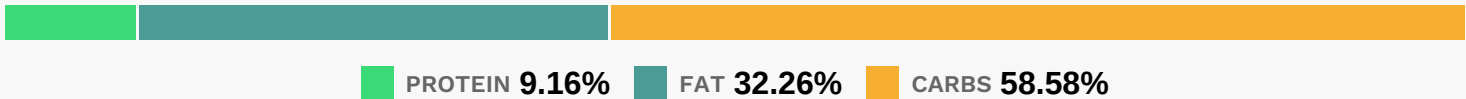
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 4 cups water and salt in a large saucepan over medium-high heat; bring to a boil. Gradually add polenta, stirring constantly with a whisk. Reduce heat, and cook 8 minutes or until thick, stirring frequently.
- ☐ Remove from heat.
- ☐ Add 1 tablespoon butter; stir until butter melts. Keep warm.
- ☐ Melt remaining 2 tablespoons butter in a large skillet over medium heat; cook 3 minutes or until lightly browned, stirring occasionally.
- ☐ Add chopped shallots to pan, and cook 2 minutes or until browned, stirring frequently.
- ☐ Add cremini mushrooms to pan; cook 4 minutes or until lightly browned, stirring frequently.
- ☐ Combine chicken broth, juice, and cornstarch in a small bowl, stirring until smooth. Stir broth mixture into mushroom mixture, and bring to a boil. Cook for 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in 2 tablespoons chives.
- ☐ Place about 1/3 cup polenta in each of 8 bowls; top each serving with about 1/4 cup mushroom mixture.
- ☐ Sprinkle each serving with chopped fresh chives, if desired.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:4.4526087019754%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 126.71kcal (6.34%), Fat: 4.61g (7.1%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 18.1g (6.58%), Sugar: 1.32g (1.47%), Cholesterol: 11.29mg (3.76%), Sodium: 361.96mg (15.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Selenium: 11.85µg (16.92%), Copper: 0.19mg (9.6%), Vitamin B2: 0.16mg (9.42%), Vitamin B3: 1.58mg (7.88%), Vitamin B5: 0.6mg (6.05%), Phosphorus: 59.54mg (5.95%), Potassium: 197.15mg (5.63%), Vitamin B6: 0.09mg (4.7%), Manganese: 0.09mg (4.56%), Vitamin A: 206.79IU (4.14%), Vitamin B1: 0.06mg (4.1%), Folate: 12.34µg (3.09%), Zinc: 0.45mg (3.02%), Fiber: 0.75g (3.01%), Magnesium: 11.63mg (2.91%), Iron: 0.48mg (2.66%), Vitamin C: 1.75mg (2.12%), Vitamin B12: 0.12µg (2.04%), Vitamin K: 2.08µg (1.98%), Calcium: 15.65mg (1.56%)