



## Polenta with Mushroom-Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

SIDE DISH

### Ingredients

- 8 ounce pre button mushrooms
- 14.5 ounce canned tomatoes diced italian with juices herb-flavored canned
- 2 tablespoons parsley fresh minced
- 2 garlic cloves minced
- 4 servings olive oil
- 16 ounce mushroom polenta cut into 16 slices

### Equipment

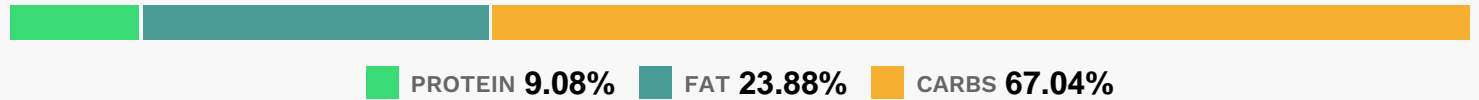
- baking sheet

oven

## Directions

- Preheat oven to 45
- Place polenta slices on a baking sheet coated with cooking spray. Lightly brush with oil.
- Bake 5 minutes or until polenta is lightly browned. Turn polenta over and brush with oil.
- Bake 5 minutes longer. Saut mushrooms in 2 tablespoons oil until soft.
- Add garlic, parsley, and tomatoes, and simmer 5 minutes, until thick. Season with salt and black pepper. Spoon over the polenta.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:2.67, Inflammation Score:-6, Nutrition Score:16.387391302897%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 592.78kcal (29.64%), Fat: 15.86g (24.41%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 100.23g (33.41%), Net Carbohydrates: 95.8g (34.84%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 141.28mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin K: 47.04µg (44.8%), Selenium: 25.38µg (36.26%), Vitamin B3: 4.7mg (23.5%), Copper: 0.46mg (23.04%), Vitamin E: 3.32mg (22.15%), Vitamin B6: 0.4mg (20.01%), Vitamin B2: 0.33mg (19.43%), Potassium: 654mg (18.69%), Vitamin B1: 0.28mg (18.34%), Manganese: 0.36mg (18.16%), Fiber: 4.43g (17.73%), Vitamin B5: 1.7mg (17.01%), Phosphorus: 167.88mg (16.79%), Vitamin C: 13.77mg (16.69%), Iron: 2.98mg (16.56%), Magnesium: 57.65mg (14.41%), Vitamin A: 632.24IU (12.64%), Folate: 31.75µg (7.94%), Zinc: 1.08mg (7.17%), Calcium: 44.52mg (4.45%)