



Polenta with Sautéed Mushrooms and Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups asparagus sliced (2-inch)
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 cups milk 1% low-fat
- ☐ 2 cups mushrooms sliced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.8 cup polenta instant

- ☐ 1 cup ham smoked chopped
- ☐ 2 cups vegetable broth
- ☐ 2 teaspoons vegetable oil

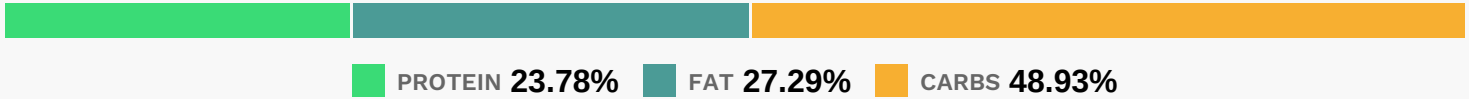
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large saucepan. Bring to a simmer; slowly whisk in polenta. Bring to a boil. Cover, reduce heat, and simmer 5 minutes, stirring occasionally.
- ☐ Remove from heat.
- ☐ Melt the butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms; saut 5 minutes or until lightly browned.
- ☐ Add oil, asparagus, and ham to pan; saut 4 minutes or until the asparagus is crisp-tender.
- ☐ Serve polenta topped with asparagus mixture; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:16.790434588557%

Flavonoids

Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 292.27kcal (14.61%), Fat: 9.06g (13.94%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 33.84g (12.3%), Sugar: 9.61g (10.68%), Cholesterol: 36mg (12%), Sodium: 1102.61mg (47.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Vitamin K: 39.58µg (37.69%), Phosphorus:

343.95mg (34.39%), Vitamin B2: 0.5mg (29.3%), Vitamin A: 1287.94IU (25.76%), Copper: 0.44mg (21.91%), Selenium: 14.85µg (21.21%), Calcium: 198.28mg (19.83%), Potassium: 670.45mg (19.16%), Vitamin B1: 0.27mg (17.71%), Iron: 2.9mg (16.12%), Vitamin B5: 1.53mg (15.31%), Vitamin B3: 3.05mg (15.24%), Zinc: 2.21mg (14.75%), Folate: 55.83µg (13.96%), Magnesium: 52.48mg (13.12%), Vitamin B12: 0.78µg (12.98%), Vitamin B6: 0.24mg (12.15%), Fiber: 2.73g (10.93%), Manganese: 0.2mg (10.01%), Vitamin D: 1.41µg (9.38%), Vitamin E: 1.25mg (8.36%), Vitamin C: 5.7mg (6.91%)