



WHATSheATE



Polenta with Smoky Mushroom Ragout



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter cut into small pieces
- ☐ 28 ounce canned tomatoes whole drained chopped canned
- ☐ 1 tablespoon chipotle chiles in adobo sauce canned drained chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 pounds oyster mushroom caps sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 1.5 cups polenta dry
- ☐ 8 ounces queso fresco cheese crumbled
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 6 cups water
- ☐ 0.3 cup côtes du Rhône fruity red
- ☐ 0.3 cup côtes du Rhône fruity

Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ To prepare polenta, combine first 4 ingredients in a 13 x 9-inch baking dish, stirring well.
- ☐ Bake at 350 for 1 hour or until liquid is absorbed. Cover polenta and keep warm.
- ☐ To prepare ragout, while polenta bakes, heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, and sauté 5 minutes or until tender.
- ☐ Add mushrooms and 1/2 teaspoon salt; cook 10 minutes or until mushrooms release moisture and begin to brown, stirring occasionally.
- ☐ Add wine, chiles, oregano, and garlic. Reduce heat to medium, and cook 1 minute or until liquid evaporates, stirring constantly. Stir in tomatoes, and cook over low heat 15 minutes or until the mixture thickens slightly, stirring occasionally.
- ☐ Spoon ragout over polenta; sprinkle evenly with cheese.
- ☐ Bake at 350 for 15 minutes or until cheese begins to melt.
- ☐ Sprinkle with cilantro.

Nutrition Facts



 **PROTEIN 16.14%**  **FAT 31.21%**  **CARBS 52.65%**

Properties

Glycemic Index:22.75, Glycemic Load:2.97, Inflammation Score:-7, Nutrition Score:16.741739024287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 302.82kcal (15.14%), Fat: 10.96g (16.86%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 36.27g (13.19%), Sugar: 8g (8.89%), Cholesterol: 23.32mg (7.77%), Sodium: 962.93mg (41.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.5%), Vitamin B3: 5.86mg (29.3%), Phosphorus: 278.88mg (27.89%), Vitamin B2: 0.42mg (24.91%), Copper: 0.47mg (23.52%), Potassium: 792.48mg (22.64%), Calcium: 218.76mg (21.88%), Fiber: 5.32g (21.27%), Manganese: 0.4mg (19.9%), Selenium: 13.74µg (19.62%), Vitamin B6: 0.37mg (18.63%), Iron: 3.03mg (16.85%), Vitamin B1: 0.25mg (16.84%), Vitamin B5: 1.68mg (16.83%), Vitamin C: 12.47mg (15.12%), Folate: 57.03µg (14.26%), Magnesium: 56.81mg (14.2%), Zinc: 1.89mg (12.57%), Vitamin A: 602.18IU (12.04%), Vitamin E: 1.69mg (11.3%), Vitamin D: 1.36µg (9.07%), Vitamin K: 8.85µg (8.43%), Vitamin B12: 0.48µg (7.99%)