



Polenta with Three Scoops of Cheese and Sautéed Shiitakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.3 cups cornmeal
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 1 cup mascarpone cheese
- ☐ 5 tablespoons olive oil

- ☐ 3 tablespoons parmesan grated
- ☐ 4 servings salt
- ☐ 1 pound mushroom caps cut into 3/4-inch slices
- ☐ 1 cup whole-milk ricotta
- ☐ 4.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

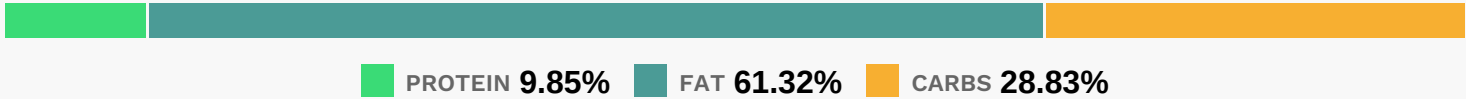
Directions

- ☐ In a medium saucepan, bring the water and 1 teaspoon salt to a boil.
- ☐ Add the cornmeal in a slow stream, whisking constantly.
- ☐ Whisk in 3 tablespoons of the oil. Reduce the heat and simmer, stirring frequently with a wooden spoon,until the polenta is thick, about 20 minutes. Stir in the Parmesan.
- ☐ Remove from the heat but cover to keep warm.
- ☐ Meanwhile, in a medium bowl, mix together the ricotta, mascarpone, and 1/8 teaspoon salt. Put in the refrigerator.
- ☐ In a large frying pan, heat the remaining 2 tablespoons oil with the butter over moderately high heat.
- ☐ Add the mushrooms, garlic, and 1/4teaspoon salt. Cook, stirring, until the mushrooms are golden, 5 to 10 minutes. Stir in the parsley and pepper.
- ☐ Stir the polenta. It should be thick but still pourable. If it's too thick, stir in more water. You may need as much as a cup. Using a large spoon or a medium ice-cream scoop, put three mounds of the cheese mixture onto each of four plates. Ladle the hot polenta over the

mounds of cheese and top with the mushrooms.

☐ Wine Recommendation: The tannins in a red wine will be tamed by the richness of the cheese in this dish, pushing the wine's flavor to the fore. A Rosso di Montalcino, Brunello's fruitier cousin, will demonstrate this delectably.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:24.82, Inflammation Score:-8, Nutrition Score:19.586521755094%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 742.37kcal (37.12%), Fat: 50.32g (77.42%), Saturated Fat: 21.14g (132.11%), Carbohydrates: 53.23g (17.74%), Net Carbohydrates: 45.27g (16.46%), Sugar: 5.57g (6.19%), Cholesterol: 76.17mg (25.39%), Sodium: 399.81mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.36%), Vitamin K: 60.28µg (57.41%), Vitamin B6: 0.67mg (33.5%), Manganese: 0.64mg (31.98%), Fiber: 7.96g (31.85%), Vitamin B3: 5.77mg (28.84%), Phosphorus: 277.25mg (27.73%), Calcium: 243.25mg (24.32%), Vitamin A: 1157.45IU (23.15%), Magnesium: 85.76mg (21.44%), Vitamin B5: 2.06mg (20.59%), Zinc: 2.99mg (19.96%), Vitamin E: 2.83mg (18.87%), Vitamin B2: 0.31mg (18.45%), Copper: 0.34mg (17.15%), Potassium: 543.36mg (15.52%), Selenium: 10.74µg (15.35%), Iron: 2.4mg (13.32%), Vitamin B1: 0.18mg (12.22%), Folate: 37.74µg (9.44%), Vitamin C: 4.46mg (5.4%), Vitamin D: 0.47µg (3.15%)