



## Polenta with Tomato-Shiitake Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

### Ingredients

- ☐ 29 ounce tomatoes diced drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.8 cup polenta dry instant
- ☐ 1 teaspoon roasted garlic minced

- ☐ 0.3 cup shallots sliced
- ☐ 0.5 pound mushroom caps thinly sliced
- ☐ 0.3 teaspoon sugar
- ☐ 2 cups vegetable stock
- ☐ 1 cup water

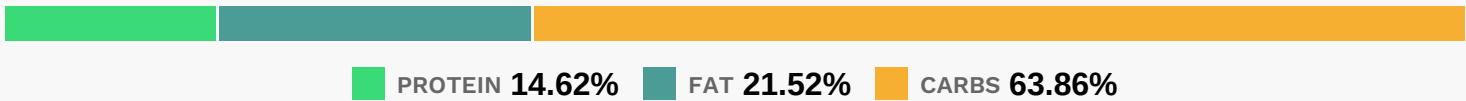
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add shallots; saut 2 minutes.
- ☐ Add mushrooms; saut 3 minutes or until tender. Stir in basil and next 5 ingredients (basil through tomatoes); cook 3 minutes or until thoroughly heated. Keep warm.
- ☐ Combine vegetable broth and water in a large saucepan, and bring to a boil. Stir in the polenta. Reduce heat, and simmer until thick (about 5 minutes), stirring frequently. Stir in the cheese.
- ☐ Serve the tomato mixture over polenta.

## Nutrition Facts



## Properties

Glycemic Index:53.02, Glycemic Load:2.51, Inflammation Score:-8, Nutrition Score:15.643043481785%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 260.12kcal (13.01%), Fat: 6.49g (9.98%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 38.27g (13.92%), Sugar: 9.29g (10.32%), Cholesterol: 10.88mg (3.63%), Sodium: 996.11mg (43.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Vitamin B6: 0.54mg (27%), Vitamin C: 20.94mg (25.38%), Manganese: 0.48mg (23.85%), Phosphorus: 219.03mg (21.9%), Vitamin B3: 4.14mg (20.68%), Calcium: 205.99mg (20.6%), Potassium: 713.38mg (20.38%), Fiber: 5.04g (20.16%), Iron: 3.5mg (19.42%), Selenium: 13.29µg (18.98%), Vitamin K: 19.45µg (18.52%), Vitamin B2: 0.31mg (17.99%), Copper: 0.29mg (14.68%), Vitamin A: 712.82IU (14.26%), Magnesium: 56.38mg (14.1%), Vitamin B5: 1.35mg (13.5%), Vitamin E: 1.95mg (13%), Zinc: 1.68mg (11.22%), Vitamin B1: 0.16mg (10.54%), Folate: 35.55µg (8.89%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.29µg (1.93%)