



Portobello Mushroom Stew With Red Wine And Rosemary

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup cooking wine dry red
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 1.5 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper

- ☐ 6.6 ounce polenta (such as Contadina)
- ☐ 1.5 pounds portobello mushroom caps
- ☐ 1 teaspoon salt divided
- ☐ 0.8 cup vegetable broth

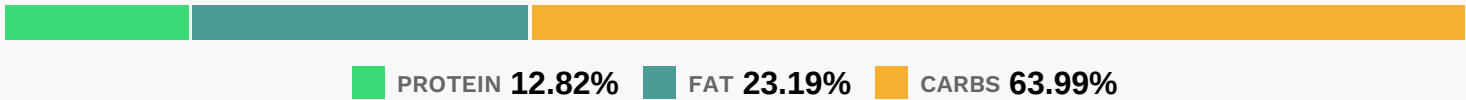
Equipment

- ☐ dutch oven

Directions

- ☐ Prepare polenta according to package directions, using 1/2 teaspoon salt. Set aside, and keep warm.
- ☐ Remove brown gills from the undersides of mushrooms, using a spoon; discard gills. Slice mushroom caps; set aside.
- ☐ Heat oil in a large Dutch oven.
- ☐ Add onion; cook over medium heat, stirring constantly, 3 minutes or until softened.
- ☐ Add remaining 1/2 teaspoon salt, sliced mushrooms, and pepper. Cook 5 minutes or until mushrooms are tender, stirring frequently.
- ☐ Sprinkle flour over mushrooms, and cook 30 seconds, stirring constantly.
- ☐ Add wine and broth; bring to a boil. Reduce heat, and simmer, uncovered, 2 minutes or until thickened, stirring constantly. Stir in parsley and rosemary.
- ☐ Serve immediately over prepared polenta.
- ☐ Sprinkle 1 tablespoon cheese over each serving.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:16.791739132093%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 342.33kcal (17.12%), Fat: 8.27g (12.72%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 51.3g (17.1%), Net Carbohydrates: 47.6g (17.31%), Sugar: 6.12g (6.8%), Cholesterol: 5.44mg (1.81%), Sodium: 885.33mg (38.49%), Alcohol: 4.2g (100%), Alcohol %: 1.53% (100%), Protein: 10.28g (20.56%), Selenium: 42.88µg (61.26%), Vitamin B3: 8.44mg (42.21%), Vitamin K: 36.73µg (34.99%), Copper: 0.55mg (27.35%), Phosphorus: 270.37mg (27.04%), Vitamin B5: 2.25mg (22.48%), Potassium: 755.81mg (21.59%), Vitamin B6: 0.36mg (18.2%), Vitamin B2: 0.29mg (16.82%), Folate: 64.34µg (16.09%), Fiber: 3.7g (14.81%), Manganese: 0.27mg (13.42%), Vitamin B1: 0.2mg (13.32%), Zinc: 1.46mg (9.74%), Vitamin A: 433.04IU (8.66%), Iron: 1.43mg (7.93%), Calcium: 73.9mg (7.39%), Vitamin C: 4.8mg (5.82%), Vitamin E: 0.85mg (5.64%), Magnesium: 20.08mg (5.02%), Vitamin D: 0.54µg (3.61%), Vitamin B12: 0.17µg (2.82%)