



Ragoût of Mushrooms With Creamy Polenta

 Gluten Free

READY IN



29 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz baby portobello mushrooms sliced
- ☐ 4 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 4 tablespoons flat-leaf parsley fresh chopped
- ☐ 7 oz mushroom caps fresh stemmed sliced
- ☐ 1.5 tablespoons thyme leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 4 tablespoons olive oil

- ☐ 6 servings freshly parmesan cheese shaved
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings creamy polenta
- ☐ 0.5 cup port
- ☐ 0.8 teaspoon salt
- ☐ 1 cup shallots halved thinly sliced
- ☐ 6 servings garnish: thyme sprigs fresh

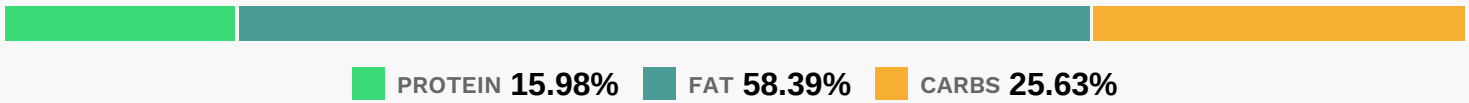
Equipment

- ☐ frying pan

Directions

- ☐ Saut shallots and garlic in hot oil in a large skillet over medium heat 2 minutes. Increase heat to medium-high, add mushrooms, and cook, stirring constantly, 4 to 5 minutes. Stir in port; cook 2 minutes. Stir in broth and next 5 ingredients. Reduce heat to low, and simmer 5 minutes or until slightly thickened.
- ☐ Serve over Creamy Polenta with shaved Parmesan cheese.
- ☐ Garnish, if desired.
- ☐ *2 (8-oz.) packages sliced fresh button mushrooms may be substituted.

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:18.336956532105%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg, Apigenin: 5.82mg Luteolin: 1.28mg, Luteolin: 1.28mg,

Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 401.14kcal (20.06%), Fat: 25.4g (39.08%), Saturated Fat: 11.1g (69.38%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 21.31g (7.75%), Sugar: 7.85g (8.73%), Cholesterol: 41.25mg (13.75%), Sodium: 995.23mg (43.27%), Alcohol: 3.06g (100%), Alcohol %: 1.42% (100%), Protein: 15.64g (31.28%), Vitamin K: 51.16µg (48.72%), Calcium: 396.87mg (39.69%), Phosphorus: 370.48mg (37.05%), Selenium: 25.44µg (36.35%), Vitamin B3: 5.19mg (25.95%), Vitamin B6: 0.42mg (20.91%), Manganese: 0.4mg (20.02%), Vitamin B2: 0.33mg (19.35%), Copper: 0.36mg (17.8%), Potassium: 616.32mg (17.61%), Vitamin B5: 1.71mg (17.1%), Vitamin A: 847.64IU (16.95%), Fiber: 3.78g (15.11%), Vitamin C: 11.57mg (14.03%), Zinc: 1.91mg (12.76%), Folate: 47.12µg (11.78%), Vitamin E: 1.7mg (11.31%), Iron: 2.01mg (11.16%), Magnesium: 39.57mg (9.89%), Vitamin B1: 0.12mg (7.8%), Vitamin B12: 0.42µg (7.02%), Vitamin D: 0.51µg (3.39%)