



Roasted Mushrooms with Pumpkin-Chipotle Polenta

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 3 cups chicken stock see
- 1 chipotle in adobo seeded finely chopped plus a small spoon of sauce
- 6 servings chives chopped for garnish
- 1 handful sage thinly sliced chopped
- 1 head garlic crushed
- 2 tablespoons honey

- 6 servings nutmeg freshly grated
- 0.3 cup olive oil extra-virgin
- 6 servings pepitas toasted for garnish
- 1 cup pumpkin puree cooked
- 1 cup quick-cooking polenta
- 6 servings sea salt and pepper black freshly ground
- 2 pounds mushroom caps mixed such as coarsely chopped hen of the woods or wood ears, coarsely chopped shiitakes, thinly sliced porcini, thinly sliced portabellas or criminis

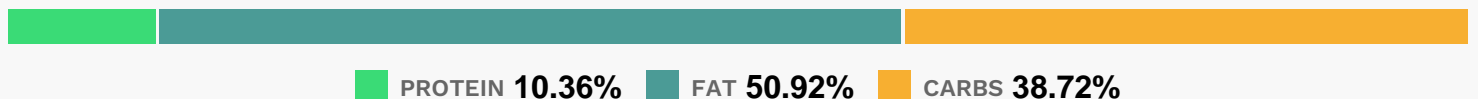
Equipment

- bowl
- oven
- whisk
- pot

Directions

- Preheat the oven to 425 degrees F. Toss the mushrooms with the extra-virgin olive oil, garlic, sage, salt, and pepper, and roast 25 minutes.
- Meanwhile, heat the pumpkin puree in a small pot over medium heat with a little chicken stock to thin it out. Season with salt, pepper, and nutmeg. Bring the remaining stock to a boil in a saucepot and whisk in the chipotle in adobo, its sauce, and polenta. Keep whisking the polenta until it pulls away from the sides of the pot, then stir in the butter and honey.
- Combine the pumpkin and polenta and serve in shallow bowls. Top with roasted mushrooms and garnish with pepitas and chives.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:10.67, Inflammation Score:-10, Nutrition Score:26.69304351703%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 340.67kcal (17.03%), Fat: 20.34g (31.3%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 27.6g (10.04%), Sugar: 13.56g (15.06%), Cholesterol: 13.63mg (4.54%), Sodium: 219.19mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.63%), Copper: 5.54mg (276.91%), Vitamin A: 6521.78IU (130.44%), Manganese: 1.38mg (69.18%), Vitamin B3: 8.12mg (40.58%), Phosphorus: 297.45mg (29.75%), Fiber: 7.2g (28.81%), Vitamin B2: 0.48mg (28.18%), Vitamin B6: 0.56mg (28.07%), Vitamin B5: 2.55mg (25.5%), Magnesium: 94.63mg (23.66%), Selenium: 16.27µg (23.24%), Potassium: 751.3mg (21.47%), Vitamin K: 17.36µg (16.53%), Vitamin E: 2.44mg (16.26%), Zinc: 2.41mg (16.07%), Iron: 2.61mg (14.49%), Vitamin B1: 0.16mg (10.9%), Folate: 38.37µg (9.59%), Calcium: 42.89mg (4.29%), Vitamin D: 0.6µg (4.03%), Vitamin C: 2.65mg (3.21%)