



## Shrimp and Fennel Over Polenta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup white wine dry
- 1 fennel bulb
- 1 tablespoon flour all-purpose
- 3 garlic cloves minced
- 0.5 teaspoon hot sauce
- 1 cup low-salt chicken broth
- 2 teaspoons olive oil
- 0.5 teaspoon pepper

- 16 ounce polenta
- 1 pound shrimp deveined peeled
- 2 tablespoons sun-dried tomato sprinkles

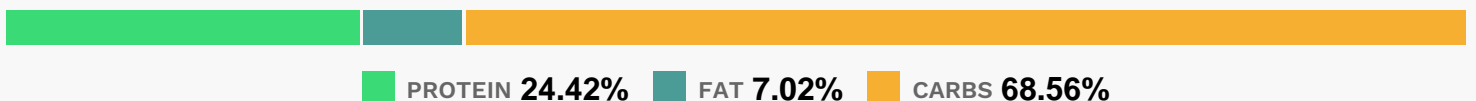
## Equipment

- frying pan
- baking sheet
- whisk
- broiler

## Directions

- Remove and discard stalks from fennel bulb.
- Cut fennel bulb in half lengthwise; discard core. Chop fennel bulb to measure 1 1/2 cups.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chopped fennel bulb and garlic; saut 5 minutes or until tender.
- Add flour, and cook 1 minute, stirring constantly with a whisk. Stir in broth, vermouth, tomato sprinkles, and hot sauce, and bring to a boil. Reduce heat, and simmer 5 minutes or until thick, stirring occasionally.
- Add shrimp, and cook 1 minute. Keep warm.
- Preheat broiler.
- Place polenta slices on a baking sheet coated with cooking spray.
- Sprinkle polenta with pepper. Broil 6 minutes or until lightly browned.
- Serve shrimp mixture over polenta.

## Nutrition Facts



## Properties

Glycemic Index:56.75, Glycemic Load:2.77, Inflammation Score:-5, Nutrition Score:15.124782645184%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## **Nutrients (% of daily need)**

Calories: 591.96kcal (29.6%), Fat: 4.52g (6.96%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 99.37g (33.12%), Net Carbohydrates: 95.27g (34.65%), Sugar: 4.22g (4.69%), Cholesterol: 182.57mg (60.86%), Sodium: 201.35mg (8.75%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 35.41g (70.81%), Phosphorus: 389.92mg (38.99%), Vitamin K: 39.88µg (37.98%), Copper: 0.65mg (32.31%), Selenium: 20.81µg (29.72%), Potassium: 859.15mg (24.55%), Magnesium: 88.62mg (22.15%), Manganese: 0.42mg (20.78%), Fiber: 4.1g (16.39%), Zinc: 2.27mg (15.14%), Iron: 2.71mg (15.03%), Vitamin B3: 2.92mg (14.58%), Vitamin B1: 0.19mg (12.46%), Vitamin B6: 0.25mg (12.31%), Calcium: 115.49mg (11.55%), Vitamin C: 9.08mg (11%), Vitamin B5: 0.77mg (7.7%), Vitamin A: 345.29IU (6.91%), Folate: 26.89µg (6.72%), Vitamin B2: 0.11mg (6.4%), Vitamin E: 0.63mg (4.22%)