



Shrimp-stuffed Portabellas on Tomato Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

Ingredients

- 4.5 cups fat-skimmed chicken broth
- 0.3 cup green onions finely chopped
- 1 cup chili-flavor jack cheese shredded
- 2 tablespoons mayonnaise
- 0.3 cup oil-packed tomatoes dried drained finely chopped
- 1 cup polenta instant
- 4 portabella mushroom caps (5 in. wide)
- 4 servings salad oil

- 4 servings salt
- 0.8 pound tiny shrimp shelled rinsed cooked

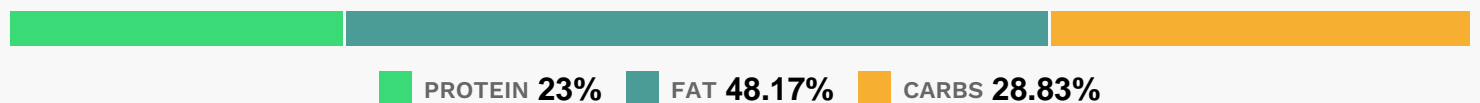
Equipment

- bowl
- frying pan
- oven

Directions

- Trim off mushroom stems flush with caps. Rinse caps well; place gill side up in a lightly oiled 10- by 15-inch pan.
- In a bowl, mix shrimp, green onions, mayonnaise, and cheese. Spoon shrimp mixture equally into mushroom caps.
- Bake in a 400 oven until cheese is melted and mushrooms are flexible when pressed, about 12 minutes.
- Meanwhile, in a 3- to 4-quart pan, combine broth, polenta, and tomatoes. Stir over high heat until boiling, then reduce heat to low. Stir often until polenta is very smooth to taste, about 3 minutes.
- Spoon polenta equally into wide bowls. Set a stuffed mushroom on each portion.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:19.894782833431%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 545.6kcal (27.28%), Fat: 29.65g (45.62%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 39.93g (13.31%), Net Carbohydrates: 37.14g (13.51%), Sugar: 5.7g (6.33%), Cholesterol: 165.01mg (55%), Sodium: 1570.08mg (68.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.85g (63.71%), Phosphorus: 484.29mg (48.43%), Selenium: 32.69µg (46.69%), Vitamin K: 42.42µg (40.4%), Copper: 0.77mg (38.31%), Vitamin B3: 6.37mg (31.85%), Calcium: 292.95mg (29.29%), Potassium: 944.49mg (26.99%), Vitamin B2: 0.33mg (19.44%), Zinc: 2.83mg (18.84%), Vitamin E: 2.82mg (18.78%), Vitamin B5: 1.68mg (16.78%), Magnesium: 65.76mg (16.44%), Manganese: 0.3mg (15.03%), Iron: 2.43mg (13.48%), Vitamin B6: 0.27mg (13.46%), Vitamin B12: 0.8µg (13.26%), Fiber: 2.79g (11.16%), Vitamin B1: 0.16mg (11%), Folate: 43.5µg (10.88%), Vitamin A: 450.03IU (9%), Vitamin C: 4.26mg (5.17%), Vitamin D: 0.44µg (2.9%)