



Shrimp with Polenta: Gamberetti con Polenta



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 rib celery coarsely chopped
- ☐ 2 tablespoons coarse salt
- ☐ 1.5 cups coarse cornmeal yellow
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cloves garlic
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion coarsely chopped

- ☐ 0.5 bunch parsley italian finely chopped
- ☐ 1.5 pounds rock shrimp
- ☐ 4 servings salt and pepper
- ☐ 2 teaspoons tomato paste
- ☐ 4 cups water

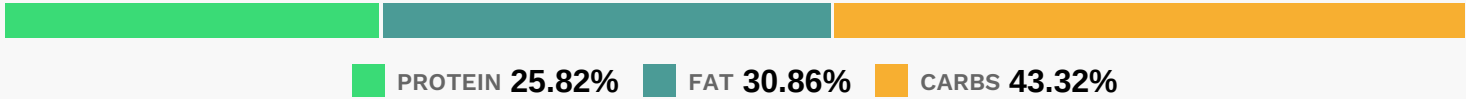
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a heavy-bottomed saucepot, combine the water, bay leaf, and salt and bring to a simmer over medium heat. Gradually whisk the cornmeal into the pot, a little at a time, stirring constantly. Reduce the heat to medium low and stir constantly until the polenta is smooth and thick, about 30 minutes.
- ☐ Remove the bay leaf. Turn the polenta into a serving bowl and keep warm.
- ☐ In the bowl of a food processor, combine the celery and garlic, and process to form a smooth paste. Set aside.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium-high heat and add the onion.
- ☐ Saute until softened and slightly browned, about 3 minutes, then add the celery and garlic, and remaining bay leaves. Cook for 5 minutes, stirring occasionally.
- ☐ Add the tomato paste and wine, mix well, and cook for 5 minutes.
- ☐ Add the shrimp and season with salt and pepper, to taste.
- ☐ Add a bit of water if necessary to keep the mixture from getting too thick, cook for 2 to 3 minutes until the shrimp are tender but cooked through.
- ☐ Remove the bay leaves and stir in the parsley.
- ☐ Serve immediately with the warm polenta.

Nutrition Facts



Properties

Glycemic Index:62.38, Glycemic Load:27.05, Inflammation Score:-8, Nutrition Score:26.93217393108%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 15.51mg, Apigenin: 15.51mg, Apigenin: 15.51mg, Apigenin: 15.51mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 486.19kcal (24.31%), Fat: 15.84g (24.37%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 43.5g (15.82%), Sugar: 2.89g (3.21%), Cholesterol: 214.32mg (71.44%), Sodium: 4693.74mg (204.08%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 29.82g (59.64%), Vitamin K: 125.86µg (119.87%), Selenium: 54.5µg (77.86%), Phosphorus: 572.71mg (57.27%), Vitamin B6: 0.71mg (35.46%), Vitamin B12: 1.89µg (31.47%), Magnesium: 115.21mg (28.8%), Manganese: 0.56mg (28.22%), Vitamin E: 4.18mg (27.87%), Copper: 0.53mg (26.72%), Fiber: 6.55g (26.19%), Zinc: 3.73mg (24.89%), Vitamin B3: 4.77mg (23.87%), Vitamin A: 976.82IU (19.54%), Folate: 71.2µg (17.8%), Iron: 2.95mg (16.37%), Vitamin B1: 0.24mg (15.93%), Vitamin C: 12.8mg (15.52%), Potassium: 535.56mg (15.3%), Calcium: 129.77mg (12.98%), Vitamin B5: 0.98mg (9.83%), Vitamin B2: 0.11mg (6.42%), Vitamin D: 0.17µg (1.13%)