



Soft Polenta with Wild Mushroom Sauté

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black divided freshly ground
- 2 tablespoons butter
- 3 tablespoons sherry dry
- 14 ounce fat-skimmed beef broth fat-free canned
- 2 tablespoons parsley fresh finely chopped
- 1 teaspoon sage fresh finely chopped
- 1.5 cups leek thinly sliced

- 12 ounces mushrooms wild sliced
- 2 tablespoons pecorino cheese fresh shaved
- 2 tablespoons pecorino cheese fresh shredded
- 1 cup oats
- 0.3 teaspoon salt divided
- 2 cups water

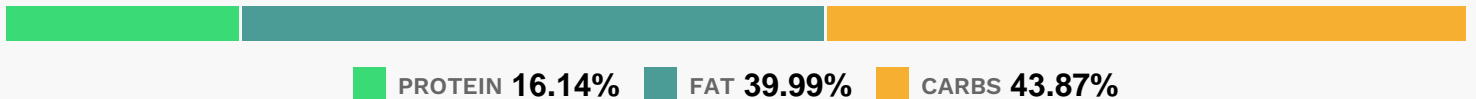
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Melt butter in a large nonstick skillet over medium heat.
- Add leek to pan; cook 2 minutes or until tender, stirring occasionally.
- Add mushrooms; cook 7 minutes or until moisture evaporates, stirring occasionally. Stir in parsley, sherry, sage, 1/8 teaspoon salt, and 1/8 teaspoon pepper; cook 1 minute.
- Combine 2 cups water, bay leaves, and broth in a medium saucepan; bring to a boil. Gradually add polenta to pan, stirring constantly with a whisk. Reduce heat, and simmer 5 minutes or until thick, stirring frequently with a whisk.
- Remove from heat; discard bay leaves. Stir in remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, and shredded cheese. Spoon 2/3 cup polenta onto each of 6 plates; top each serving with 1/2 cup mushroom mixture and 1 teaspoon shaved cheese.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:6.54, Inflammation Score:-6, Nutrition Score:13.609130481015%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 132.62kcal (6.63%), Fat: 6.02g (9.26%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 12.52g (4.55%), Sugar: 2.39g (2.66%), Cholesterol: 13.5mg (4.5%), Sodium: 450.25mg (19.58%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 5.46g (10.93%), Copper: 1.3mg (64.86%), Manganese: 0.78mg (39.02%), Vitamin K: 33.32µg (31.74%), Selenium: 12.09µg (17.27%), Vitamin B2: 0.28mg (16.57%), Phosphorus: 154.59mg (15.46%), Vitamin B3: 2.65mg (13.24%), Magnesium: 52.9mg (13.22%), Vitamin A: 616.2IU (12.32%), Vitamin B5: 1.08mg (10.84%), Vitamin B1: 0.14mg (9.4%), Fiber: 2.34g (9.34%), Iron: 1.66mg (9.22%), Potassium: 308mg (8.8%), Folate: 31.41µg (7.85%), Vitamin B6: 0.14mg (7.12%), Vitamin C: 5.65mg (6.85%), Calcium: 68.19mg (6.82%), Zinc: 0.9mg (5.98%), Vitamin B12: 0.2µg (3.34%), Vitamin E: 0.43mg (2.88%)