



 **67%**
HEALTH SCORE

Soft Polenta with Wild Mushrooms and Parsley

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon garlic chopped
- 2 tablespoons grapeseed oil
- 12 ounces mushrooms wild sliced
- 1 tablespoon olive oil extra-virgin
- 1.5 cups parsley leaves fresh italian loosely packed
- 4 servings polenta soft
- 0.5 teaspoon salt

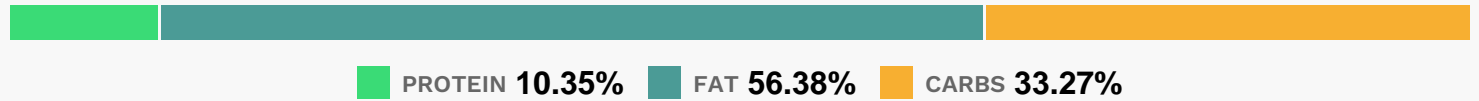
- 2 shallots chopped
- 3 thyme sprigs fresh

Equipment

Directions

- Saut mushrooms in hot grapeseed oil over high heat until lightly caramelized. Reduce heat to medium-high; add shallots, garlic, and thyme. Cook 3 minutes or until shallots are translucent. Stir in parsley and next 3 ingredients.
- Serve over Soft Polenta.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:16.716521768466%

Flavonoids

Apigenin: 48.5mg, Apigenin: 48.5mg, Apigenin: 48.5mg, Apigenin: 48.5mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 167.92kcal (8.4%), Fat: 11.12g (17.11%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 12.46g (4.53%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 309.43mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin K: 371.45µg (353.77%), Vitamin C: 34.15mg (41.39%), Vitamin A: 1953.68IU (39.07%), Vitamin B2: 0.38mg (22.06%), Vitamin E: 2.7mg (18.03%), Vitamin B3: 3.53mg (17.65%), Copper: 0.33mg (16.54%), Vitamin B5: 1.46mg (14.57%), Selenium: 9.9µg (14.14%), Folate: 53.79µg (13.45%), Potassium: 459.89mg (13.14%), Iron: 2.25mg (12.49%), Phosphorus: 103.13mg (10.31%), Fiber: 2.31g (9.22%), Vitamin B6: 0.18mg (8.94%), Manganese: 0.17mg (8.26%), Vitamin B1: 0.11mg (7.38%), Magnesium: 25.84mg (6.46%), Zinc: 0.8mg (5.32%), Calcium: 43.59mg (4.36%), Vitamin D: 0.17µg (1.13%)