



WHATSheATE



Baked Polenta with Sausage and Tomato-Pepper Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bulk sausage sweet italian (or 1 lb. sausage links removed from their casings)
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 32 oz polenta prepared sliced into 1/2-in.-thick rounds
- ☐ 8 ounces mozzarella cheese fresh drained sliced into 1/4-in.-thick rounds
- ☐ 2 cloves garlic minced
- ☐ 5.5 tablespoons olive oil
- ☐ 1 medium orange bell pepper red yellow cut lengthwise into thin slices

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon salt black red freshly ground
- ☐ 1 medium onion yellow halved lengthwise cut into thin wedges

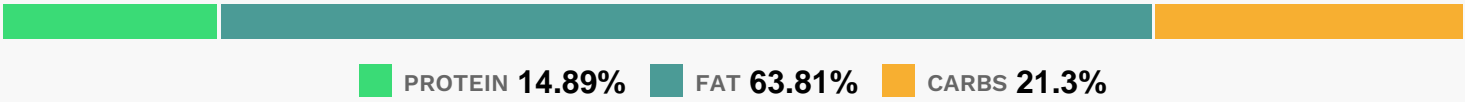
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Heat 3 tbsp. oil in a 2- to 3-qt. saucepan set over medium heat, then add tomatoes and oregano and simmer, uncovered, for 15 minutes.
- ☐ Meanwhile, in a large frying pan, heat 1 tbsp. oil over medium-high heat.
- ☐ Add onion, bell pepper, garlic, salt, pepper, and chile flakes, and stir to combine. Cover pan, lower heat to medium, and cook until vegetables soften, about 5 minutes.
- ☐ Add sausage, stirring and breaking it into small pieces with a wooden spoon as it firms up, about 5 minutes. Cover pan and cook until vegetables are tender and sausage is cooked through, 5 to 8 minutes more.
- ☐ Add tomato sauce and simmer 10 minutes.
- ☐ While sauce is cooking, pour remaining 1 1/2 tbsp. oil into a 9- by 13-in. baking pan and tilt to coat bottom.
- ☐ Add polenta slices to pan and turn to coat with oil, then arrange slices lengthwise in 3 slightly overlapping rows. Broil polenta about 4 in. from heating element until golden brown and crispy, 10 to 15 minutes.
- ☐ Pour sauce over broiled polenta, then arrange mozzarella slices over the top. Broil until cheese is melted and beginning to brown, about 2 minutes.
- ☐ Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:22.400434856829%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 636.56kcal (31.83%), Fat: 45.75g (70.38%), Saturated Fat: 15.39g (96.18%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 30.23g (10.99%), Sugar: 8.02g (8.91%), Cholesterol: 87.32mg (29.11%), Sodium: 969.48mg (42.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.05%), Vitamin C: 40.76mg (49.4%), Selenium: 30.35µg (43.36%), Vitamin B1: 0.59mg (39.23%), Phosphorus: 313.63mg (31.36%), Vitamin B6: 0.57mg (28.61%), Calcium: 275.6mg (27.56%), Vitamin E: 4.08mg (27.17%), Vitamin B12: 1.55µg (25.83%), Vitamin A: 1223.36IU (24.47%), Vitamin B3: 4.64mg (23.2%), Manganese: 0.45mg (22.5%), Vitamin K: 22.12µg (21.07%), Potassium: 724.84mg (20.71%), Zinc: 3.04mg (20.25%), Vitamin B2: 0.34mg (19.97%), Iron: 3.56mg (19.75%), Copper: 0.35mg (17.75%), Fiber: 4.11g (16.45%), Magnesium: 59.16mg (14.79%), Folate: 42.04µg (10.51%), Vitamin B5: 1.03mg (10.26%), Vitamin D: 0.15µg (1.01%)