



HEALTH SCORE

84%

## Baked polenta with spinach & goat's cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



3 garlic clove chopped



800 g canned tomatoes chopped canned



300 g pkt spinach fresh



500 g polenta



1 tbsp olive oil



100 g goat cheese with rind, broken into chunks

### Equipment



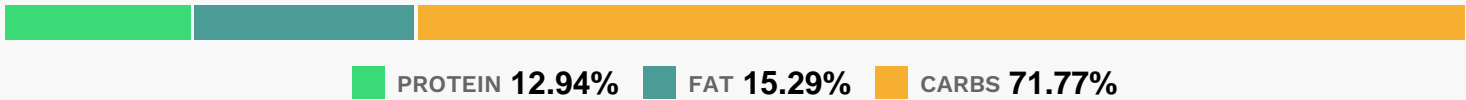
bowl

- ☐ oven
- ☐ baking pan
- ☐ colander

## Directions

- ☐ Heat oven to 220C/200C fan/gas 7 and boil the kettle. In a bowl, mix the garlic and tomatoes with seasoning, then pour into a large baking dish.
- ☐ Place the spinach in a large colander and pour boiling water over until wilted. Rinse in cold water and squeeze out all the excess water you can with your hands. Roughly chop, season, and scatter on top of the tomatoes.
- ☐ Slice the polenta, then overlap on top of the spinach.
- ☐ Drizzle with the oil and bake in the oven for 10–15 mins. Scatter over the cheese and return to the oven for 5 mins more, or until the cheese is golden and bubbling.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:33.547391103662%

## Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg, Kaempferol: 4.79mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 645.29kcal (32.26%), Fat: 11.13g (17.13%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 117.55g (39.18%), Net Carbohydrates: 110.05g (40.02%), Sugar: 10.16g (11.29%), Cholesterol: 11.5mg (3.83%), Sodium: 416.95mg (18.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.4%), Vitamin K: 375.82µg (357.92%), Vitamin A: 7988.7IU (159.77%), Manganese: 1.23mg (61.69%), Vitamin C: 40.18mg (48.7%), Folate: 180.82µg (45.2%), Copper: 0.75mg (37.35%), Vitamin B6: 0.72mg (36.02%), Iron: 6.42mg (35.64%), Selenium: 24.22µg (34.6%), Magnesium: 137.56mg (34.39%), Potassium: 1191.31mg (34.04%), Vitamin E: 4.57mg (30.49%), Fiber: 7.5g (29.99%), Vitamin B1: 0.39mg (26.2%), Phosphorus: 259.44mg (25.94%), Vitamin B2: 0.39mg (23.13%), Vitamin B3: 4.61mg (23.05%), Calcium: 183.86mg (18.39%), Vitamin B5: 1.39mg (13.94%), Zinc: 1.71mg (11.37%)