



Baked Polenta with Zucchini and Tomato-Pepper Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

Ingredients

- ☐ 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
- ☐ 2 small zucchini stemmed halved lengthwise cut into 1/4-in.-thick half-moons

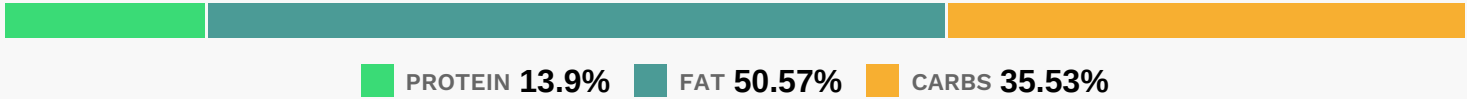
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ 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 zucchini, 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 10 minutes.
- ☐ 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:34.33, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:17.736956586008%

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: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 381.68kcal (19.08%), Fat: 22.19g (34.14%), Saturated Fat: 6.9g (43.14%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 30.57g (11.12%), Sugar: 9g (10%), Cholesterol: 29.86mg (9.95%), Sodium: 420mg (18.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.45%), Vitamin C: 46.29mg (56.1%), Vitamin E: 4.12mg (27.48%), Calcium: 268.29mg (26.83%), Vitamin A: 1302.03IU (26.04%), Manganese: 0.48mg (23.79%), Vitamin K: 23.81µg (22.68%), Phosphorus: 221.22mg (22.12%), Vitamin B6: 0.41mg (20.48%), Potassium: 636.24mg (18.18%), Fiber: 4.51g (18.02%), Selenium: 11.68µg (16.69%), Copper: 0.32mg (15.77%), Iron: 2.81mg (15.61%), Vitamin B2: 0.25mg (14.67%), Vitamin B12: 0.86µg (14.36%), Magnesium: 55.66mg (13.91%), Zinc: 1.81mg (12.06%), Vitamin B3: 2.36mg (11.8%), Vitamin B1: 0.18mg (11.78%), Folate: 45.44µg (11.36%), Vitamin B5: 0.72mg (7.21%), Vitamin D: 0.15µg (1.01%)