






 **39%**
HEALTH SCORE

Black Bean Ragoût With Cheese Polenta

 **Gluten Free**

READY IN

30 min.

SERVINGS

4

CALORIES

415 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup corn kernels frozen
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 1 tablespoon butter light
- 0.8 cup milk 1% low-fat
- 1 teaspoon olive oil

- 1 cup onion chopped
- 0.8 cup cornmeal yellow uncooked
- 0.5 teaspoon salt
- 1.3 teaspoons penzey's southwest seasoning (such as McCormick)
- 2 ounces sharp cheddar cheese shredded 2% reduced-fat
- 0.3 cup cream fat-free sour
- 2.3 cups water
- 1.5 cups zucchini chopped (1 medium)

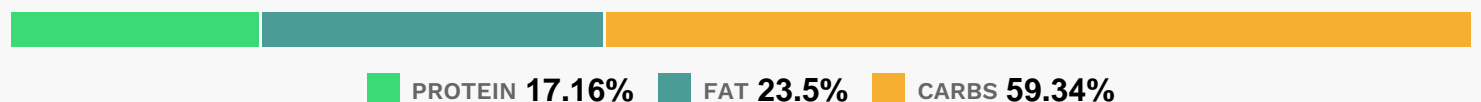
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion and garlic; saut 3 minutes or until tender.
- Add tomatoes and next 3 ingredients; cook 12 minutes. Stir in beans; cook 2 minutes or until thoroughly heated.
- While tomato mixture cooks, bring 2 1/4 cups water and next 3 ingredients to a boil in a small saucepan.
- Add cornmeal, stirring with a whisk; cook 5 minutes over medium heat or until mixture is slightly thickened, stirring constantly.
- Remove from heat; stir in cheese and sour cream. Cover and let stand 5 minutes.
- Stir cilantro into ragot. Spoon polenta into individual bowls, and top with ragot.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:16.23, Inflammation Score:-8, Nutrition Score:24.577391292738%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 414.72kcal (20.74%), Fat: 11.28g (17.36%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 64.11g (21.37%), Net Carbohydrates: 49.35g (17.95%), Sugar: 12.04g (13.38%), Cholesterol: 21.39mg (7.13%), Sodium: 1064.27mg (46.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.08%), Fiber: 14.75g (59.02%), Manganese: 0.9mg (45.23%), Phosphorus: 392.16mg (39.22%), Folate: 132.05µg (33.01%), Potassium: 1088.42mg (31.1%), Magnesium: 124.06mg (31.01%), Vitamin C: 24.8mg (30.07%), Calcium: 298.24mg (29.82%), Vitamin B6: 0.59mg (29.7%), Iron: 5.28mg (29.33%), Copper: 0.56mg (28.06%), Vitamin B1: 0.41mg (27.34%), Vitamin B2: 0.46mg (26.99%), Vitamin K: 21.51µg (20.48%), Zinc: 2.98mg (19.9%), Vitamin B3: 3.47mg (17.37%), Vitamin A: 756.05IU (15.12%), Selenium: 10.25µg (14.64%), Vitamin E: 2.12mg (14.11%), Vitamin B5: 1.19mg (11.91%), Vitamin B12: 0.47µg (7.8%), Vitamin D: 0.61µg (4.05%)