



Calabacitas Casserole with Polenta and Cheese



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce canned tomatoes canned
- ☐ 1 chile pepper and or green seeded chopped
- ☐ 2 teaspoons chili powder dark
- ☐ 16 ounce polenta prepared
- ☐ 2 cups corn kernels
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 4 cloves garlic smashed

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large skinned onion yellow chopped
- ☐ 6 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 1 baby squash yellow small to medium
- ☐ 2 zucchini diced small to medium
- ☐ 2 cups ounces shredded

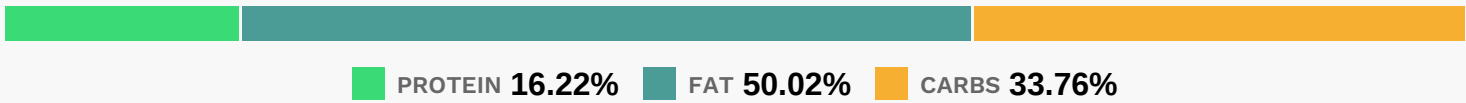
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 500 degrees F.
- ☐ Heat a large skillet over medium high heat.
- ☐ Add remaining 2 tablespoons extra-virgin olive oil, corn, garlic and chiles.
- ☐ Saute 3 minutes, add zucchini and yellow squash and onions, season with salt and pepper, chili powder; cook 7 to 8 minutes.
- ☐ Add stewed tomatoes and heat through.
- ☐ Transfer to baking dish.
- ☐ Cut 1 tube of polenta in 1/2-inch slices lengthwise. Top vegetables with polenta and cheese.
- ☐ Place in hot oven to melt cheese and warm polenta, 8 to 10 minutes.
- ☐ Garnish with chopped scallions and cilantro or flat-leaf parsley.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:17.473913057991%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 340.39kcal (17.02%), Fat: 19.83g (30.51%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 25.37g (9.22%), Sugar: 9.48g (10.54%), Cholesterol: 33.52mg (11.17%), Sodium: 665.66mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.93%), Vitamin K: 47.58µg (45.31%), Vitamin C: 30.49mg (36.96%), Calcium: 340.67mg (34.07%), Phosphorus: 274.41mg (27.44%), Manganese: 0.46mg (23.16%), Vitamin B2: 0.36mg (21.39%), Vitamin A: 1046.4IU (20.93%), Vitamin B6: 0.42mg (20.82%), Fiber: 4.74g (18.94%), Potassium: 650.05mg (18.57%), Folate: 72.38µg (18.09%), Vitamin E: 2.42mg (16.12%), Magnesium: 57.46mg (14.37%), Zinc: 1.97mg (13.15%), Selenium: 9.01µg (12.87%), Copper: 0.25mg (12.28%), Iron: 2.17mg (12.06%), Vitamin B3: 2.15mg (10.73%), Vitamin B1: 0.16mg (10.34%), Vitamin B5: 0.76mg (7.58%), Vitamin B12: 0.31µg (5.21%), Vitamin D: 0.23µg (1.51%)