



Cheesy Polenta Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup fontina shredded
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 2 green onions chopped
- ☐ 14 ounce tomatoes
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 16 ounce ready-made polenta cut into 1/4-inch slices

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0.8 cup mozzarella cheese shredded

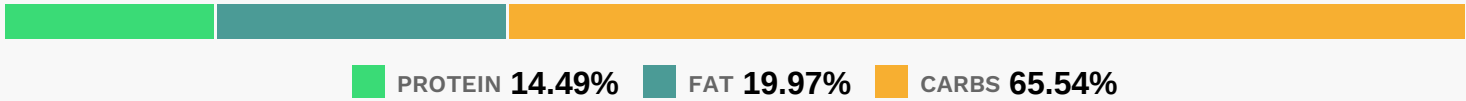
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 8x8-inch casserole dish with cooking spray and set aside.
- ☐ Heat olive oil in a saucepan over medium-high heat. Stir in green pepper, garlic, and green onions; cook until the pepper softens, about 3 minutes.
- ☐ Pour in marinara sauce and simmer 5 to 7 minutes, stirring occasionally.
- ☐ Mix together fontina and provolone in a bowl.
- ☐ Spread a thin layer of sauce over the bottom of the prepared baking dish. Arrange 1/3 of the polenta slices in the dish, top with 1/3 the fontina and provolone mixture.
- ☐ Spread a thin layer of sauce over cheese. Repeat layers twice. Top casserole with Parmesan cheese.
- ☐ Bake in preheated oven until cheese is bubbly and golden brown, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:11.115652048069%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 406.15kcal (20.31%), Fat: 8.99g (13.83%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 66.37g (22.12%), Net Carbohydrates: 63.72g (23.17%), Sugar: 3.64g (4.05%), Cholesterol: 24.69mg (8.23%), Sodium: 593.18mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.35%), Selenium: 19.38µg (27.69%), Vitamin C: 21.37mg (25.9%), Phosphorus: 200.11mg (20.01%), Calcium: 190.49mg (19.05%), Vitamin A: 778.42IU (15.57%), Vitamin K: 12.84µg (12.23%), Vitamin B6: 0.24mg (12.04%), Potassium: 375.78mg (10.74%), Fiber: 2.65g (10.58%), Magnesium: 39.64mg (9.91%), Manganese: 0.2mg (9.78%), Zinc: 1.46mg (9.74%), Vitamin B2: 0.16mg (9.51%), Iron: 1.64mg (9.08%), Vitamin B1: 0.14mg (9.03%), Vitamin B12: 0.52µg (8.73%), Vitamin B3: 1.71mg (8.55%), Vitamin E: 1.23mg (8.19%), Copper: 0.16mg (7.79%), Vitamin B5: 0.66mg (6.65%), Folate: 16.09µg (4.02%)