



Cheesy Polenta Casserole with Roasted Bell Pepper Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 16 ounce polenta cut into 12 slices
- ☐ 7 ounce roasted bell peppers red drained sliced

☐ 2 cups tomato-and-basil pasta sauce (such as Muir Glen)

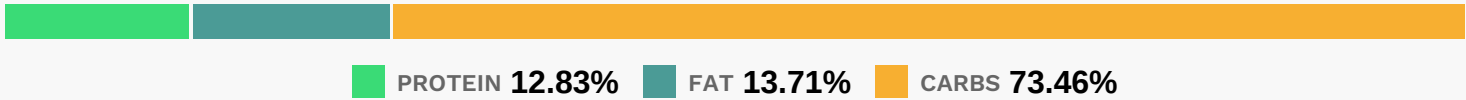
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a medium saucepan. Bring to a simmer over medium heat, and cook 10 minutes, stirring sauce occasionally.
- ☐ Spread 1/2 cup sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange the polenta slices over the sauce, and spread remaining sauce over polenta.
- ☐ Sprinkle with cheeses.
- ☐ Bake casserole at 350 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:11.787391289421%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 554.51kcal (27.73%), Fat: 8.34g (12.82%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 100.45g (33.48%), Net Carbohydrates: 95.73g (34.81%), Sugar: 6.13g (6.81%), Cholesterol: 15.31mg (5.1%), Sodium: 1219.55mg (53.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.09%), Selenium: 23.13µg (33.05%), Vitamin C: 26.07mg (31.6%), Calcium: 244.5mg (24.45%), Phosphorus: 209.79mg (20.98%), Vitamin A: 1031.29IU (20.63%), Fiber: 4.72g (18.88%), Vitamin B6: 0.28mg (13.76%), Potassium: 457.63mg (13.08%), Iron: 2.04mg (11.35%), Manganese: 0.22mg (11.17%), Vitamin B1: 0.17mg (11.1%), Magnesium: 43.69mg (10.92%), Vitamin B3: 1.68mg (8.42%), Copper: 0.17mg (8.42%), Zinc: 1.22mg (8.12%), Vitamin B2: 0.13mg (7.87%), Vitamin B5: 0.6mg (6.01%), Folate: 15.97µg (3.99%), Vitamin B12: 0.2µg (3.41%), Vitamin E: 0.36mg (2.39%)