



WHATSheATE



HEALTH SCORE

93%

Cheesy Polenta with Roasted Vegetables



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 large bell peppers cut into wedges



3 pounds eggplant cut into 1/4-inch-thick slices



12 basil leaves fresh



0.3 cup goat cheese crumbled



2.5 cups chicken broth low-sodium



4 tablespoons parmesan cheese divided grated



0.5 teaspoon pepper



1.5 cups polenta instant

- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups water
- ☐ 3 zucchini cut into 1/4-inch-thick rounds

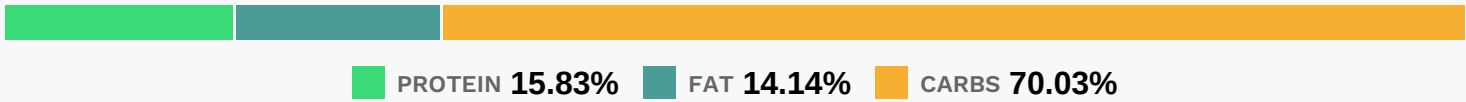
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler. In batches, place eggplant, bell peppers, and zucchini on 2 baking sheets lightly coated with cooking spray.
- ☐ Sprinkle with salt and black pepper. Broil for 34 minutes per side or until golden.
- ☐ Transfer to plate; set aside.
- ☐ Bring chicken broth and water to a boil in a pan; slowly whisk in polenta. Simmer for 5 minutes or until thickened. Stir in goat cheese and 3 tablespoons Parmesan cheese.
- ☐ Spoon polenta into 4 bowls; top evenly with vegetables (1 cup each), basil, and remaining 1 tablespoon Parmesan.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:35.915651997794%

Flavonoids

Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg, Delphinidin: 291.51mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 456.9kcal (22.84%), Fat: 7.58g (11.66%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 84.51g (28.17%),
Net Carbohydrates: 68.35g (24.85%), Sugar: 23.28g (25.87%), Cholesterol: 10.88mg (3.63%), Sodium: 507.86mg
(22.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.21%), Vitamin C: 243.93mg (295.68%),
Vitamin A: 5889.16IU (117.78%), Manganese: 1.36mg (68.06%), Fiber: 16.16g (64.63%), Vitamin B6: 1.15mg (57.36%),
Potassium: 1737.1mg (49.63%), Folate: 191.4µg (47.85%), Vitamin B3: 7.29mg (36.46%), Phosphorus: 337.01mg
(33.7%), Vitamin B2: 0.54mg (32%), Copper: 0.64mg (31.95%), Vitamin K: 32.17µg (30.64%), Magnesium: 118.04mg
(29.51%), Vitamin E: 3.85mg (25.68%), Vitamin B1: 0.38mg (25.12%), Vitamin B5: 2.18mg (21.84%), Selenium: 13.78µg
(19.68%), Iron: 3.29mg (18.3%), Zinc: 2.19mg (14.61%), Calcium: 144.62mg (14.46%), Vitamin B12: 0.24µg (4.03%)