



Chorizo and Polenta Lasagna

 Gluten Free

READY IN



110 min.

SERVINGS



6

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced such as glen muir canned
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 0.5 cup fontina grated
- 1 clove garlic minced
- 4 cloves garlic minced
- 1 tablespoon sea salt
- 1 pound ground pork

- 1.5 teaspoons kosher salt
- 6 servings kosher salt and freshly cracked pepper black
- 4 cups chicken stock see low-sodium
- 0.5 cup mozzarella cheese grated
- 6 servings olive oil
- 6 servings olive oil extra-virgin
- 1 small onion diced
- 1 tablespoon onion powder
- 2 tablespoons paprika
- 1.3 cups quick-cooking polenta
- 2 tablespoons red wine vinegar
- 1 bunch swiss chard
- 2 tablespoon butter unsalted melted

Equipment

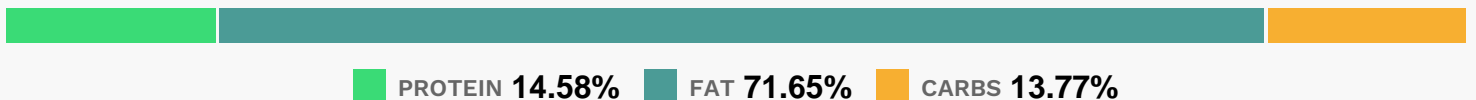
- frying pan
- oven
- whisk
- pot
- wooden spoon
- aluminum foil
- colander

Directions

- For the polenta: Bring the chicken stock to a boil in a large pot.
- Add the polenta and whisk until fully incorporated, 3 to 4 minutes.
- Sprinkle with the salt and cook, covered, over medium heat for 5 to 6 minutes. Finish by folding in the melted butter. Keep warm while you prepare the chorizo.
- For the chorizo: Coat a large saute pan with olive oil and set over medium-high heat.

- Add the onions and cook until almost translucent, and then add the ground pork. Brown 4 to 5 minutes while breaking the pork pieces up with the back of a wooden spoon.
- Add the paprika, granulated garlic, onion powder, chili powder and cumin, and sprinkle with salt and pepper. Cook 1 minute longer to toast the spices, and then add the vinegar, garlic and tomatoes. Simmer until the sauce is thickened and reduced, 8 to 10 minutes. Taste and season once more with salt and pepper. Keep warm.
- For assembly: Wash, drain and finely slice the chard.
- Heat the garlic and some olive oil in a large pan and saute, 3 to 4 minutes. Season with salt and pepper.
- Drain in a colander and squeeze out any excess moisture.
- Preheat the oven to 350 degrees F. Lightly grease an 8-by-8-by-2-inch gratin dish or an oval 9-inch cast-iron pan.
- Pour half of the polenta in and spread out evenly. Top with half of the chorizo and all of the Swiss chard.
- Sprinkle with half of each cheese. Repeat with a layer of the remaining polenta, then the remaining chorizo, and finally the remaining cheese. Cover with foil, place the dish on a sheet tray and bake 30 minutes.
- Remove the foil and bake until the cheese is golden and bubbly, 15 minutes longer.
- Let sit 25 minutes to set up, then cut into portions and serve.

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:7.49, Inflammation Score:-10, Nutrition Score:30.617826363315%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 690.2kcal (34.51%), Fat: 55.98g (86.13%), Saturated Fat: 16.11g (100.69%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 19.78g (7.19%), Sugar: 3.75g (4.17%), Cholesterol: 84.6mg (28.2%), Sodium: 1235.36mg (53.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.28%), Vitamin K: 435.61µg (414.87%), Vitamin A: 4870.27IU (97.41%), Manganese: 1.06mg (53.23%), Vitamin B1: 0.7mg (46.8%), Selenium: 29.15µg (41.65%), Vitamin E: 6.08mg (40.56%), Phosphorus: 378.96mg (37.9%), Vitamin B3: 6.14mg (30.68%), Magnesium: 115.77mg (28.94%), Vitamin B6: 0.52mg (25.91%), Iron: 4.26mg (23.68%), Zinc: 3.47mg (23.16%), Vitamin C: 18.77mg (22.75%), Vitamin B2: 0.38mg (22.48%), Potassium: 740.01mg (21.14%), Calcium: 202.97mg (20.3%), Vitamin B12: 1.09µg (18.2%), Fiber: 4.43g (17.72%), Copper: 0.32mg (16.04%), Vitamin B5: 0.89mg (8.86%), Folate: 22.57µg (5.64%), Vitamin D: 0.17µg (1.16%)