






 **21%**
HEALTH SCORE

Creamy Polenta with Artichoke, Caramelized Onion, and Olive Ragout

 **Gluten Free**

READY IN

45 min.

SERVINGS

4

CALORIES

492 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 1 tablespoon butter
- 1 cup corn kernels frozen thawed
- 0.3 teaspoon pepper red crushed
- 0.5 cup wine dry white
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped

- 4 garlic clove minced
- 1 cup cornmeal yellow stone-ground
- 1 teaspoon paprika sweet
- 2 tablespoons olive oil
- 2 tablespoons olives ripe sliced
- 3 cups onion thinly sliced
- 2 ounces parmesan fresh shredded
- 2 cups bell pepper red chopped
- 0.3 teaspoon salt
- 3 tablespoons cream fat-free sour
- 0.5 cup sun-dried olives packed
- 0.5 cup water
- 1 cup water boiling
- 5 cups water

Equipment

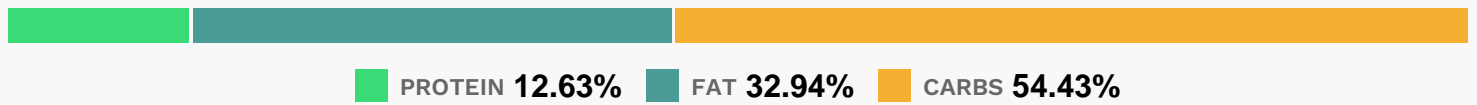
- bowl
- frying pan
- sauce pan
- whisk

Directions

- To prepare polenta, bring water to a boil in a large saucepan; stir in butter and salt. Gradually add cornmeal, stirring well with a whisk. Cook 5 minutes, stirring constantly. Reduce heat to medium; cook 15 minutes, stirring frequently. Stir in corn; cook 1 minute.
- Remove from heat; stir in cheese, sour cream, and basil. Cover; set aside.
- To prepare ragout, combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- Drain and slice.

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; cook 15 minutes or until lightly browned, stirring frequently.
- Add bell pepper and garlic; cook 15 minutes or until golden brown, stirring frequently. Stir in paprika and crushed red pepper.
- Add tomatoes, wine, water, and artichokes; stir well. Cover, reduce heat to low; simmer 10 minutes. Stir in olives.
- Serve over polenta.
- Garnish with chopped basil, if desired.

Nutrition Facts



Properties

Glycemic Index:108.63, Glycemic Load:23.04, Inflammation Score:-10, Nutrition Score:26.790869659704%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 24.6mg, Quercetin: 24.6mg, Quercetin: 24.6mg, Quercetin: 24.6mg

Nutrients (% of daily need)

Calories: 491.92kcal (24.6%), Fat: 17.8g (27.39%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 54.37g (19.77%), Sugar: 17.15g (19.05%), Cholesterol: 17.97mg (5.99%), Sodium: 968.31mg (42.1%), Alcohol: 3.09g (100%), Alcohol %: 0.46% (100%), Protein: 15.36g (30.73%), Vitamin C: 111.41mg (135.04%), Vitamin A: 3046.81IU (60.94%), Fiber: 11.81g (47.24%), Manganese: 0.9mg (45.18%), Vitamin B6: 0.74mg (36.96%), Phosphorus: 331.84mg (33.18%), Potassium: 1063.52mg (30.39%), Magnesium: 112.44mg (28.11%), Calcium: 256.71mg (25.67%), Folate: 98.66µg (24.67%), Copper: 0.46mg (22.78%), Vitamin B1: 0.32mg (21.49%), Iron: 3.59mg (19.94%), Vitamin E: 2.86mg (19.09%), Vitamin K: 19.73µg (18.79%), Vitamin B2: 0.31mg (18.49%), Vitamin B3: 3.69mg (18.44%), Zinc: 2.61mg (17.41%), Selenium: 8.32µg (11.88%), Vitamin B5: 1.17mg (11.69%), Vitamin B12: 0.2µg (3.38%)