



Herbed Polenta Torta with Spinach, Mushrooms, and Ricotta

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped canned
- 0.5 teaspoon basil dried
- 0.3 cup cooking wine dry red
- 1 large eggs
- 3 large egg whites lightly beaten
- 1 cup ricotta cheese fat-free
- 0.3 cup parsley fresh chopped

- 0.5 teaspoon garlic powder
- 0.5 cup green onions thinly sliced
- 2 cups mushrooms sliced
- 0.3 teaspoon onion powder
- 1 teaspoon oregano dried
- 1 ounce parmesan cheese fresh grated
- 2 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 0.5 cup bell pepper red chopped
- 0.8 teaspoon salt
- 2 cups spaghetti sauce low-sodium
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 1 cup tomatoes ()
- 1 cup tomatoes seeded chopped
- 4 cups water
- 1.3 cups cornmeal yellow
- 1 cup baby squash yellow thinly sliced
- 1 cup zucchini thinly sliced

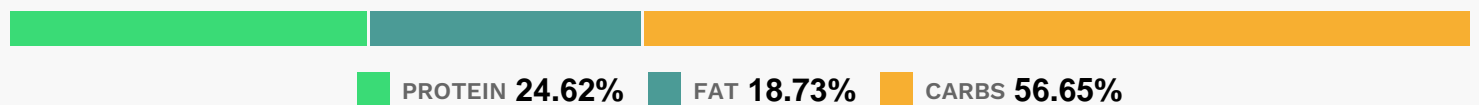
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wire rack
- springform pan

Directions

- Combine first 7 ingredients in a large saucepan. Gradually add water, stirring constantly with a whisk. Bring cornmeal mixture to a boil, and reduce heat to medium. Cook polenta, 15 minutes, stirring frequently. Stir in Parmesan cheese. Spoon polenta into a 10-inch springform pan coated with cooking spray, spreading evenly.
- Let polenta cool completely until firm (about 4 hours at room temperature).
- Preheat oven to 35
- Combine first 5 ingredients in a large nonstick skillet, and stir well. Cook over medium-high heat 7 minutes or until vegetables are tender and liquid nearly evaporates. Spoon into a bowl, and stir in tomato, garlic powder, onion powder, artichokes, and spinach.
- Combine remaining ingredients in a small bowl, and stir well.
- Add to mushroom mixture. Stir well; set aside.
- Spread Spinach Filling over Herbed Polenta. Top with tomato slices; sprinkle with mozzarella cheese.
- Place pan on a baking sheet.
- Bake, uncovered, at 350 for 1 hour or until set.
- Let cool on a wire rack 10 minutes. Chill 2 hours or until set.
- Cut into 8 wedges; serve with spaghetti sauce.
- Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:12.88, Inflammation Score:-10, Nutrition Score:25.189130425453%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg,

Epicatechin: 0.8mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 234.39kcal (11.72%), Fat: 4.82g (7.41%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 26.09g (9.49%), Sugar: 7.21g (8.01%), Cholesterol: 35.12mg (11.71%), Sodium: 894.48mg (38.89%), Alcohol: 0.79g (100%), Alcohol %: 0.21% (100%), Protein: 14.24g (28.49%), Vitamin K: 185µg (176.19%), Vitamin A: 5434.78IU (108.7%), Vitamin C: 33.16mg (40.2%), Manganese: 0.64mg (32.12%), Fiber: 6.68g (26.73%), Folate: 99.79µg (24.95%), Vitamin B2: 0.41mg (24.39%), Calcium: 233.64mg (23.36%), Vitamin B6: 0.44mg (22.03%), Magnesium: 85.46mg (21.36%), Phosphorus: 210.65mg (21.06%), Potassium: 729.59mg (20.85%), Selenium: 12.61µg (18.01%), Vitamin E: 2.59mg (17.3%), Copper: 0.34mg (17.08%), Iron: 2.92mg (16.22%), Vitamin B3: 2.85mg (14.25%), Vitamin B1: 0.19mg (12.56%), Zinc: 1.87mg (12.44%), Vitamin B5: 1.01mg (10.08%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.21µg (1.41%)