



## Italian Beef and Polenta Casserole

 **Gluten Free**

READY IN



**42 min.**

SERVINGS



**6**

CALORIES



**299 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 17 ounce basil (such as Marjon)
- 17 ounce basil (such as Marjon)
- 0.3 teaspoon pepper black
- 1 pound ground sirloin
- 4 ounces pizza cheese shredded italian reduced-fat (such as Sargento)
- 24 ounce pasta sauce (such as Classico)
- 2 medium zucchini

### Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 37
- Cut zucchini in half lengthwise; cut diagonally crosswise into 1/4-inch slices.
- Cut polenta crosswise into 8 slices; coat both sides of each slice with cooking spray.
- Heat a large nonstick skillet over medium-high heat.
- Add polenta slices; cook 3 minutes on each side or until lightly browned. Arrange polenta slices in an 11 x 7inch baking dish coated with cooking spray.
- Reheat pan over medium-high heat.
- Add beef to pan. Cook 4 to 5 minutes, stirring to crumble; remove from pan, and drain, if necessary.
- Add zucchini to pan; saut 3 to 4 minutes or until tender.
- Add beef, pasta sauce, and pepper; cook 1 to 2 minutes or until thoroughly heated, stirring occasionally. Spoon beef mixture over polenta; sprinkle with cheese.
- Bake at 375 for 18 to 20 minutes or until bubbly and cheese melts.
- Choice ingredient
- As a shortcut to making polenta from scratch in a saucepan, use precooked polenta. Look for flavored or plain 17-ounce tubes in the produce section of your supermarket. This precooked polenta works well in recipes that call for it to be cut into slices or cubes and sauted, baked, or grilled.

## Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:3.34, Inflammation Score:-10, Nutrition Score:36.919999661653%

## Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 298.69kcal (14.93%), Fat: 17.64g (27.15%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 8.08g (2.94%), Sugar: 6.15g (6.84%), Cholesterol: 55.19mg (18.4%), Sodium: 634.98mg (27.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26g (52%), Vitamin K: 673.79µg (641.7%), Vitamin A: 9096.28IU (181.93%), Manganese: 2.1mg (104.97%), Vitamin C: 48.55mg (58.85%), Iron: 8.01mg (44.51%), Copper: 0.84mg (41.76%), Vitamin B6: 0.73mg (36.42%), Magnesium: 145.33mg (36.33%), Calcium: 360.18mg (36.02%), Folate: 139.68µg (34.92%), Potassium: 1205.35mg (34.44%), Zinc: 5.15mg (34.32%), Vitamin B3: 6.38mg (31.92%), Phosphorus: 274.81mg (27.48%), Vitamin B12: 1.64µg (27.34%), Vitamin B2: 0.37mg (21.9%), Vitamin E: 3.28mg (21.85%), Fiber: 4.95g (19.78%), Selenium: 13.24µg (18.92%), Vitamin B5: 1.24mg (12.36%), Vitamin B1: 0.14mg (9.54%)