



Italian Beef Casserole With Polenta Crust

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



519 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 medium size bell pepper green chopped
- ☐ 4 oz six-cheese blend shredded italian divided
- ☐ 1 pound sausage italian
- ☐ 0.5 teaspoon steak seasoning
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 29 oz canned tomatoes diced drained canned

- ☐ 1 teaspoon salt
- ☐ 6 oz tomato paste canned
- ☐ 1 cup cornmeal plain yellow
- ☐ 1 medium zucchini sliced cut in half lengthwise and (2 cups)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Bring 3 cups water and 1 tsp. salt to a boil in a 2-qt. saucepan over medium-high heat.
- ☐ Whisk in cornmeal; reduce heat to low, and simmer, whisking constantly, 3 minutes or until thickened.
- ☐ Remove from heat, and stir in steak seasoning and 1/4 cup cheese.
- ☐ Spread cornmeal mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Brown Italian sausage in a large nonstick skillet over medium-high heat, stirring often, 10 minutes or until meat crumbles and is no longer pink; drain and transfer to a bowl.
- ☐ Saut onion, bell pepper, and zucchini in hot oil in skillet over medium heat 5 minutes or until crisp-tender. Stir in sausage, tomatoes, and tomato paste; simmer, stirring often, 10 minutes.
- ☐ Pour sausage mixture over cornmeal crust.
- ☐ Sprinkle with remaining 3/4 cup cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Sprinkle casserole with parsley just before serving.

Nutrition Facts



 **PROTEIN 16.34%**  **FAT 55.74%**  **CARBS 27.92%**

Properties

Glycemic Index:42.75, Glycemic Load:15.78, Inflammation Score:-7, Nutrition Score:22.590869488923%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 518.72kcal (25.94%), Fat: 32.95g (50.7%), Saturated Fat: 10g (62.49%), Carbohydrates: 37.15g (12.38%), Net Carbohydrates: 30.33g (11.03%), Sugar: 10.13g (11.26%), Cholesterol: 61.24mg (20.41%), Sodium: 1200.58mg (52.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.47%), Vitamin C: 42.29mg (51.26%), Vitamin B1: 0.67mg (44.85%), Vitamin B6: 0.76mg (38.21%), Vitamin K: 36.41µg (34.68%), Manganese: 0.65mg (32.37%), Selenium: 21.54µg (30.78%), Fiber: 6.81g (27.25%), Vitamin B3: 5.43mg (27.14%), Potassium: 928.67mg (26.53%), Phosphorus: 245.07mg (24.51%), Copper: 0.47mg (23.59%), Iron: 4.24mg (23.54%), Magnesium: 83.59mg (20.9%), Zinc: 2.82mg (18.78%), Vitamin E: 2.63mg (17.54%), Vitamin B2: 0.28mg (16.63%), Folate: 53.7µg (13.43%), Calcium: 126.33mg (12.63%), Vitamin A: 611.51IU (12.23%), Vitamin B12: 0.69µg (11.47%), Vitamin B5: 1.13mg (11.27%)