



WHATSheATE



Italian-Style Beef with Polenta

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 1 cup coarse-ground polenta dry
- ☐ 1 teaspoon pepper red crushed
- ☐ 3 garlic cloves minced
- ☐ 1 pound ground sirloin
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 Dash kosher salt
- ☐ 1 cup milk 2% reduced-fat

- ☐ 2 cups lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3 ounces parmigiano-reggiano cheese divided grated
- ☐ 2 cups water

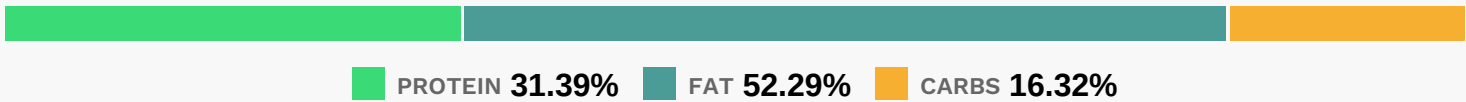
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place first 3 ingredients in a large saucepan. Gradually add 2 cups water and milk, stirring constantly with a whisk. Bring to a boil; reduce heat to medium, and cook 20 minutes, stirring frequently. Stir in 1/3 cup cheese.
- ☐ Heat a nonstick skillet over medium-high heat; coat with cooking spray.
- ☐ Add beef; saut 5 minutes. Stir to crumble.
- ☐ Remove beef; drain. Wipe pan; coat with cooking spray.
- ☐ Add onion, pepper, 1/8 teaspoon salt, and garlic; saut for 4 minutes, stirring frequently.
- ☐ Add beef and sauce; simmer 8 minutes.
- ☐ Divide polenta evenly among 4 shallow bowls. Top each serving with 1 cup beef mixture; sprinkle with 2 teaspoons cheese and 2 tablespoons basil.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:27.243043526359%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 446.8kcal (22.34%), Fat: 26.3g (40.47%), Saturated Fat: 11.13g (69.56%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 12.8g (4.65%), Sugar: 10.18g (11.32%), Cholesterol: 96.29mg (32.1%), Sodium: 1807.3mg (78.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.07%), Selenium: 46.73µg (66.76%), Phosphorus: 515.02mg (51.5%), Vitamin B12: 3.03µg (50.48%), Zinc: 6.78mg (45.21%), Calcium: 427.74mg (42.77%), Vitamin B3: 7.12mg (35.59%), Vitamin B6: 0.69mg (34.67%), Vitamin B2: 0.5mg (29.16%), Iron: 5.21mg (28.95%), Manganese: 0.57mg (28.59%), Potassium: 986.23mg (28.18%), Magnesium: 94.27mg (23.57%), Fiber: 5.68g (22.7%), Vitamin A: 1116.87IU (22.34%), Vitamin K: 22.6µg (21.53%), Vitamin E: 2.78mg (18.54%), Vitamin B1: 0.25mg (16.8%), Copper: 0.33mg (16.71%), Vitamin C: 13.16mg (15.95%), Vitamin B5: 1.57mg (15.72%), Folate: 37.66µg (9.41%), Vitamin D: 0.22µg (1.46%)