



Minestrone Ragout Over Polenta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes italian-style undrained chopped canned
- 0.3 cup carrots chopped
- 1 cup orzo pasta hot rice-shaped cooked ()
- 0.3 teaspoon pepper red crushed
- 1 cup eggplant diced peeled
- 0.3 teaspoon fennel seeds
- 0.3 cup basil fresh chopped
- 1 garlic clove minced

- 0.5 cup bell pepper green chopped
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 16 ounce polenta cut into 12 slices
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt
- 1 cup pkt spinach chopped

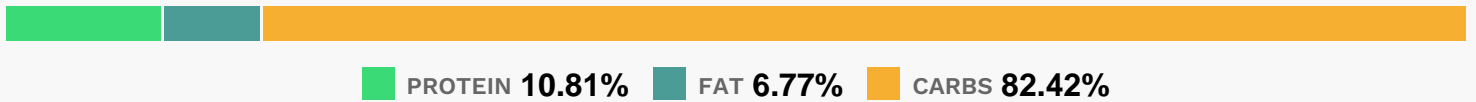
Equipment

- frying pan
- baking sheet
- broiler

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add the eggplant and next 8 ingredients (eggplant through garlic), and saut for 5 minutes. Stir in tomatoes, and cook for 3 minutes. Stir in orzo, spinach, basil, and salt; cook for 1 minute.
- Preheat broiler.
- Place polenta on a baking sheet coated with cooking spray; broil for 3 minutes on each side.
- Serve ragout over polenta; garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:92.33, Glycemic Load:10.04, Inflammation Score:-10, Nutrition Score:23.375217417012%

Flavonoids

Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 576.61kcal (28.83%), Fat: 4.36g (6.7%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 119.31g (39.77%), Net Carbohydrates: 112.22g (40.81%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 446.27mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.29%), Vitamin A: 3757.35IU (75.15%), Vitamin C: 53.57mg (64.93%), Vitamin K: 59.27µg (56.44%), Selenium: 32.66µg (46.66%), Manganese: 0.73mg (36.49%), Fiber: 7.09g (28.35%), Vitamin B6: 0.53mg (26.55%), Iron: 3.85mg (21.42%), Potassium: 720.9mg (20.6%), Magnesium: 79.25mg (19.81%), Copper: 0.39mg (19.51%), Vitamin B1: 0.29mg (19.23%), Phosphorus: 173.47mg (17.35%), Vitamin B3: 3.46mg (17.3%), Vitamin E: 2.41mg (16.05%), Folate: 60.22µg (15.06%), Vitamin B5: 1.1mg (10.96%), Vitamin B2: 0.17mg (9.95%), Zinc: 1.23mg (8.22%), Calcium: 76.03mg (7.6%)