



Mushroom and Sausage Ragu with Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 14.5 ounce canned tomatoes diced undrained canned
- 1 pound crimini mushrooms sliced
- 2 large garlic clove minced
- 8 ounces turkey sausage italian hot
- 0.3 teaspoon kosher salt divided
- 2.5 cups beef broth fat-free
- 1.5 tablespoons olive oil divided

- 0.5 cup onion chopped
- 1 cup polenta uncooked
- 1.5 cups water

Equipment

- frying pan
- sauce pan

Directions

- Heat a skillet over medium-high heat.
- Add 1 1/2 teaspoons oil to pan; swirl to coat.
- Remove sausage from casings.
- Add sausage to pan; saut 3 minutes or until browned, stirring to crumble.
- Remove sausage from pan.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add onion; saut 3 minutes, stirring occasionally.
- Add mushrooms; saut 4 minutes, stirring occasionally.
- Add garlic; saut 1 minute, stirring constantly. Stir in sausage, 1/8 teaspoon salt, and tomatoes; bring to a simmer. Reduce heat to medium; simmer gently for 15 minutes.
- Bring broth and 1 1/2 cups water to a boil in a medium saucepan.
- Add polenta, stirring well. Reduce heat to medium, and simmer 20 minutes or until thick, stirring occasionally. Stir in remaining 1/8 teaspoon salt, cheese, and butter.
- Serve with sausage mixture.
- Wine match: Tempranillo At \$99, who wouldn't jump for joy about the La Granja 360 Tempranillo (Carinena, Spain, 2008). Although a tad tight upon opening, this wine mellows to unveil a touch of licorice, tart cherry, and a dry spice rack concoction that echoes the mushrooms' depth, stands up to the spice of the sausage, and complements the creamy polenta. --Alexander Spacher

Nutrition Facts



■ PROTEIN 19.44% ■ FAT 31.46% ■ CARBS 49.1%

Properties

Glycemic Index:36.25, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:24.17304342726%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 386.01kcal (19.3%), Fat: 13.96g (21.47%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 44.86g (16.31%), Sugar: 9.41g (10.45%), Cholesterol: 37.58mg (12.53%), Sodium: 1117.46mg (48.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Selenium: 49.79µg (71.13%), Copper: 0.87mg (43.72%), Vitamin B2: 0.73mg (43.02%), Iron: 7.73mg (42.94%), Vitamin B3: 8.16mg (40.8%), Potassium: 1311.42mg (37.47%), Vitamin C: 28.64mg (34.71%), Phosphorus: 311.81mg (31.18%), Vitamin B6: 0.6mg (29.8%), Vitamin B5: 2.67mg (26.69%), Manganese: 0.48mg (24%), Zinc: 2.96mg (19.73%), Vitamin B1: 0.29mg (19.27%), Fiber: 4.15g (16.6%), Magnesium: 59mg (14.75%), Vitamin E: 2.14mg (14.26%), Folate: 52.18µg (13.05%), Vitamin A: 475.66IU (9.51%), Vitamin K: 9.08µg (8.64%), Calcium: 79.01mg (7.9%), Vitamin B12: 0.36µg (6.05%)