



One-Skillet Sausage and Polenta Parmesan

READY IN



40 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 17 ounce polenta prepared sliced into 8 rounds
- ☐ 6 ounces cremini mushrooms diced
- ☐ 2 tablespoons parsley fresh plus more for topping chopped
- ☐ 2 cloves garlic chopped
- ☐ 8 ounces sausage sweet italian hot
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 8 ounces mozzarella cheese sliced
- ☐ 2 tablespoons olive oil extra-virgin

☐ 2 tablespoons parmesan cheese grated

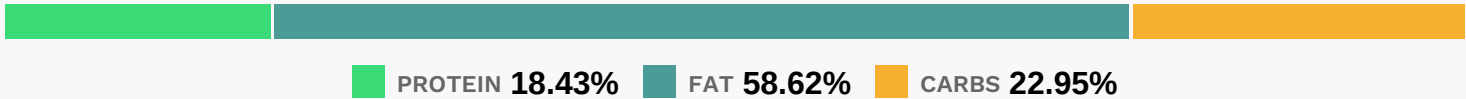
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Heat the olive oil in a large nonstick ovenproof skillet over medium-high heat.
- ☐ Add the polenta and fry until golden, about 3 minutes per side.
- ☐ Transfer to a plate.
- ☐ Add the sausage to the skillet and cook, stirring and breaking it up with a wooden spoon, until just browned, about 3 minutes.
- ☐ Add the mushrooms and cook, stirring occasionally, until they soften, about 3 minutes.
- ☐ Add the garlic and cook 1 minute. Stir in the tomatoes, 1 teaspoon salt and 1/2 teaspoon pepper and bring to a boil. Reduce the heat to medium low and simmer until slightly thickened, about 5 minutes. Stir in the parsley.
- ☐ Arrange the polenta rounds in the skillet on top of the sauce.
- ☐ Place the mozzarella slices over the polenta and sprinkle with the parmesan. Broil until the cheese is browned and bubbling, about 3 minutes. Top with more parsley and pepper to taste.
- ☐ Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:27.213043580885%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 585.58kcal (29.28%), Fat: 38.99g (59.98%), Saturated Fat: 15.32g (95.75%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 29.86g (10.86%), Sugar: 10.2g (11.33%), Cholesterol: 90.06mg (30.02%), Sodium: 1275.94mg (55.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.15%), Selenium: 40.29µg (57.56%), Vitamin K: 48.9µg (46.58%), Phosphorus: 428.32mg (42.83%), Calcium: 403.04mg (40.3%), Vitamin B1: 0.55mg (36.94%), Vitamin B2: 0.59mg (34.51%), Copper: 0.66mg (32.88%), Vitamin B12: 1.88µg (31.42%), Vitamin B3: 6.19mg (30.96%), Vitamin B6: 0.58mg (29.16%), Potassium: 1005.6mg (28.73%), Vitamin C: 22.52mg (27.3%), Manganese: 0.53mg (26.3%), Zinc: 3.91mg (26.04%), Vitamin E: 3.65mg (24.36%), Iron: 4.06mg (22.57%), Vitamin A: 1037.54IU (20.75%), Fiber: 4.48g (17.94%), Magnesium: 71.07mg (17.77%), Vitamin B5: 1.68mg (16.78%), Folate: 49.37µg (12.34%), Vitamin D: 0.28µg (1.88%)