



Pan-Seared Polenta with Mediterranean Vegetables

 Gluten Free

READY IN



41 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, un-drained canned
- 4 cups eggplant cubed peeled (1 small)
- 0.3 cup basil fresh thinly sliced
- 3 garlic cloves minced
- 2 teaspoons olive oil
- 1 cup onion chopped

- 0.3 cup parmesan cheese grated
- 0.3 cup pinenuts toasted
- 17 ounce polenta cut into 8 slices
- 2 tablespoons red wine vinegar
- 12 ounce roasted bell peppers red
- 0.5 teaspoon salt
- 2 small zucchini sliced in half lengthwise, then cut into 1/2-inch-thick slices (3 cups)

Equipment

- frying pan
- paper towels
- colander

Directions

- Sprinkle eggplant with 1/2 teaspoon salt in a colander; let stand 30 minutes. Rinse well; pat dry with paper towels.
- Drain roasted bell peppers; cut peppers into 1-inch pieces. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add eggplant, zucchini, and onion; saut 8 minutes.
- Add garlic and roasted bell pepper; cook 1 minute.
- Add tomatoes, vinegar, and pepper; cook over medium heat, stirring occasionally, 8 minutes or until vegetables are tender. Set aside and keep warm.
- Wipe pan with paper towels, and heat over medium-high heat. Coat polenta with cooking spray; add to pan. Sear on each side 3 to 4 minutes or until browned.
- Place 2 slices of polenta on each of 4 plates; top evenly with eggplant mixture, basil, pine nuts, and cheese.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:4.06, Inflammation Score:-9, Nutrition Score:26.273043552819%

Flavonoids

Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg, Delphinidin: 70.27mg 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: 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: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 647.94kcal (32.4%), Fat: 11.91g (18.33%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 119.87g (39.96%), Net Carbohydrates: 110.83g (40.3%), Sugar: 11.69g (12.99%), Cholesterol: 5.44mg (1.81%), Sodium: 1710.47mg (74.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Manganese: 1.62mg (81.05%), Vitamin C: 65.4mg (79.28%), Vitamin B6: 0.74mg (36.96%), Fiber: 9.05g (36.18%), Selenium: 24.5µg (34.99%), Copper: 0.63mg (31.56%), Potassium: 1070.5mg (30.59%), Magnesium: 113.95mg (28.49%), Phosphorus: 284.77mg (28.48%), Vitamin B1: 0.37mg (24.63%), Iron: 4.35mg (24.18%), Vitamin A: 1195.22IU (23.9%), Vitamin K: 23.7µg (22.57%), Vitamin B3: 4.42mg (22.1%), Folate: 77.14µg (19.29%), Vitamin E: 2.73mg (18.21%), Calcium: 162.77mg (16.28%), Vitamin B2: 0.27mg (15.78%), Zinc: 2.17mg (14.47%), Vitamin B5: 1.37mg (13.67%), Vitamin B12: 0.08µg (1.41%)