



Parmesan-Crusted Polenta with Sausage-Mushroom Ragoût

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry red
- ☐ 0.5 pound mushrooms wild mixed fresh sliced
- ☐ 1 pound sausage sweet italian
- ☐ 1.5 cups bottled marinara sauce
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings accompaniment: parmesan grated

☐ 2 pounds precooked polenta cut into 4 (1/2-inch-thick) rounds (in a tube)

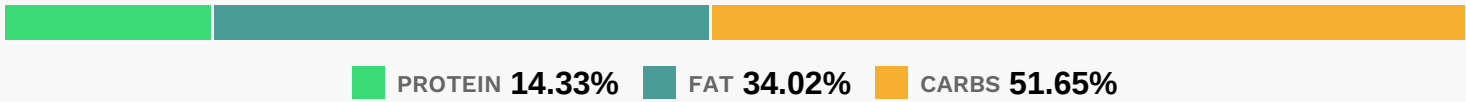
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Broil polenta rounds on a lightly oiled large heavy baking sheet 3 to 4 inches from heat until lightly browned in spots, about 7 minutes. Turn rounds over and sprinkle with cheese, then broil until polenta is golden in spots and cheese is melted, about 7 minutes more.
- ☐ Meanwhile, heat 1 tablespoon oil in a 12-inch heavy skillet over high heat until it shimmers, then cook sausage, breaking up lumps, until just cooked through, about 4 minutes.
- ☐ Transfer to a bowl.
- ☐ Heat remaining tablespoon oil in skillet over medium heat until it shimmers, then cook mushrooms, stirring occasionally, until softened, about 3 minutes.
- ☐ Add wine and boil, scraping up any brown bits, until reduced by about half, about 2 minutes. Stir in sausage and tomato sauce and simmer, stirring occasionally, 5 minutes. Season with salt.
- ☐ Serve ragout spooned over polenta.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:31.830434954685%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin:

0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1505.34kcal (75.27%), Fat: 55.62g (85.57%), Saturated Fat: 20.45g (127.84%), Carbohydrates: 190.01g (63.34%), Net Carbohydrates: 184.43g (67.07%), Sugar: 6.15g (6.84%), Cholesterol: 112.25mg (37.42%), Sodium: 1883.77mg (81.9%), Alcohol: 3.15g (100%), Alcohol %: 0.71% (100%), Protein: 52.7g (105.39%), Selenium: 81.13µg (115.9%), Vitamin B1: 1.02mg (68.12%), Phosphorus: 666.19mg (66.62%), Calcium: 493.45mg (49.34%), Vitamin B3: 9.47mg (47.34%), Vitamin B6: 0.86mg (42.87%), Vitamin B2: 0.7mg (40.95%), Potassium: 1086.12mg (31.03%), Zinc: 4.51mg (30.07%), Vitamin B5: 2.98mg (29.85%), Iron: 5.13mg (28.47%), Magnesium: 112.86mg (28.22%), Copper: 0.56mg (27.95%), Vitamin B12: 1.51µg (25.24%), Vitamin A: 1182.55IU (23.65%), Fiber: 5.57g (22.3%), Manganese: 0.44mg (21.94%), Vitamin E: 2.42mg (16.14%), Vitamin C: 9.89mg (11.99%), Folate: 41µg (10.25%), Vitamin K: 8.12µg (7.73%), Vitamin D: 0.31µg (2.03%)