



HEALTH SCORE

76%

Parmesan Polenta and Spicy Sausage Sauce



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 3 garlic clove minced
- ☐ 2 cups beef broth fat-free
- ☐ 29 ounce no salt added diced tomatoes diced undrained canned
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 0.5 cup parmesan cheese divided grated
- ☐ 0.8 cup oats
- ☐ 6 ounces sun-dried olives sliced (2 links) (such as Al Fresco)
- ☐ 1 cup water

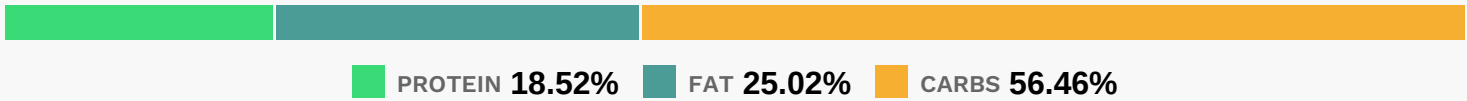
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add sausage; saut for 3 minutes or until browned.
- ☐ Add onion; saut for 5 minutes or until tender.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add oregano, pepper, and tomatoes; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally.
- ☐ Add 1/4 cup basil to pan; cook 5 minutes or until sauce thickens.
- ☐ Combine broth and water in a large saucepan; bring to a boil.
- ☐ Add polenta; reduce heat, and simmer 5 minutes or until thick, stirring frequently with a whisk. Stir in half of cheese.
- ☐ Place 2/3 cup polenta in each of 4 bowls; top with about 3/4 cup sauce. Top each serving with 1 tablespoon basil and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:12.43, Inflammation Score:-10, Nutrition Score:29.7143478562%

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: 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: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 316.18kcal (15.81%), Fat: 9.73g (14.98%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 39.3g (14.29%), Sugar: 22.9g (25.45%), Cholesterol: 10.88mg (3.63%), Sodium: 514.8mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.42%), Manganese: 1.8mg (89.89%), Potassium: 2259.35mg (64.55%), Vitamin C: 40.02mg (48.51%), Vitamin K: 47.74µg (45.46%), Copper: 0.86mg (43.03%), Iron: 7.36mg (40.89%), Fiber: 10.11g (40.43%), Magnesium: 161.35mg (40.34%), Phosphorus: 358.64mg (35.86%), Vitamin B1: 0.43mg (28.62%), Vitamin B3: 5.62mg (28.11%), Calcium: 269.32mg (26.93%), Vitamin B6: 0.49mg (24.67%), Vitamin B2: 0.41mg (23.93%), Vitamin A: 974.9IU (19.5%), Selenium: 12.72µg (18.18%), Vitamin E: 2.43mg (16.22%), Folate: 63.71µg (15.93%), Zinc: 2.33mg (15.54%), Vitamin B5: 1.36mg (13.61%), Vitamin B12: 0.17µg (2.81%)