



Parmesan Polenta with Sausage and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil dried fresh chopped
- 14.5 ounce canned tomatoes diced drained canned
- 0.3 cup wine dry white
- 0.8 teaspoon garlic powder
- 9 ounce turkey sausage italian hot
- 16 ounce mushrooms
- 1 teaspoon olive oil

- 0.3 cup parmesan cheese grated
- 1 cup polenta instant (such as Contadina)
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 4 cups water

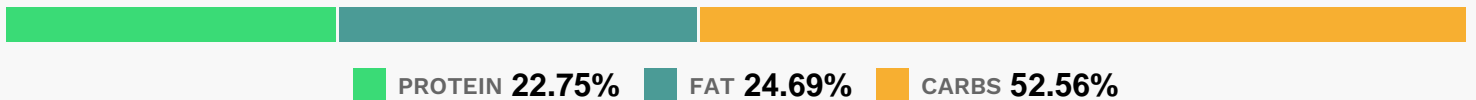
Equipment

- frying pan
- sauce pan

Directions

- Pierce sausages; cut each diagonally into 1-inch pieces.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add the sausage; cook 3 minutes or until browned.
- Add the wine and mushrooms; cover, reduce heat, and cook 10 minutes. Stir occasionally.
- Remove sausage from pan. Cook the mushroom mixture over medium-high heat 5 minutes or until liquid almost evaporates. Stir in the basil and tomatoes; cook 1 minute or until heated. Return sausage to pan; keep warm.
- While sauce is simmering, prepare polenta. Bring water to a boil in a medium saucepan; stir in polenta, garlic powder, sugar, and salt. Reduce heat to low; cook until thick (about 5 minutes), stirring frequently. Stir in cheese.
- Serve with sausage mixture.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:2.7, Inflammation Score:-6, Nutrition Score:18.105217192484%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 296.34kcal (14.82%), Fat: 8.06g (12.4%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 35.14g (12.78%), Sugar: 7.82g (8.69%), Cholesterol: 32.85mg (10.95%), Sodium: 830.45mg (36.11%), Alcohol: 1.65g (100%), Alcohol %: 0.44% (100%), Protein: 16.71g (33.43%), Selenium: 28.13µg (40.18%), Iron: 6.87mg (38.16%), Vitamin B3: 6.57mg (32.85%), Vitamin B2: 0.54mg (31.48%), Vitamin C: 25.13mg (30.46%), Copper: 0.56mg (27.93%), Phosphorus: 269.4mg (26.94%), Vitamin B6: 0.48mg (24.05%), Vitamin B5: 2.18mg (21.81%), Potassium: 704.86mg (20.14%), Zinc: 2.26mg (15.05%), Manganese: 0.3mg (14.94%), Vitamin B1: 0.22mg (14.5%), Fiber: 3.49g (13.96%), Magnesium: 52.64mg (13.16%), Calcium: 109.93mg (10.99%), Vitamin A: 418.16IU (8.36%), Folate: 33.1µg (8.27%), Vitamin K: 8.43µg (8.03%), Vitamin E: 1.2mg (7.97%), Vitamin B12: 0.35µg (5.76%), Vitamin D: 0.21µg (1.43%)