



## Polenta Casserole with Mushrooms, Tomatoes, and Ricotta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black divided
- 1.5 teaspoons butter cut into small pieces
- 14.5 ounce canned tomatoes diced undrained canned
- 12 ounces cremini mushrooms coarsely chopped
- 0.3 cup cooking wine dry red
- 2 garlic cloves chopped
- 2 teaspoons olive oil divided

- 2 cups onion chopped
- 2 ounces parmesan cheese fresh grated
- 0.5 cup part-skim ricotta cheese
- 1 cup polenta instant (such as Contadina)
- 1 tablespoon teaspoon rosemary dried fresh chopped
- 1.5 teaspoons salt divided
- 1 tablespoon tomato paste
- 4 cups water

## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 400
- Heat 1 teaspoon oil in a 10-inch cast-iron skillet over medium-high heat.
- Add onion; saut 8 minutes.
- Add mushrooms, 1/2 teaspoon salt, and garlic, and cook 4 minutes, stirring frequently. Stir in wine, rosemary, and tomato paste; reduce heat to medium, and cook 3 minutes. Stir in tomatoes, and cook until thick (about 10 minutes).
- Remove from heat.
- Bring water to a boil in saucepan; stir in polenta and 1 teaspoon salt. Reduce heat to low; cook until thick (about 5 minutes), stirring frequently.
- Spread one-third of polenta mixture into a 13 x 9-inch baking dish coated with 1 teaspoon oil.
- Spread half of tomato sauce over polenta, and top with 2 tablespoons Parmesan cheese and 1/8 teaspoon pepper. Drop half of the ricotta cheese by spoonfuls onto the Parmesan cheese. Repeat the layers, ending with polenta. Top with 1/4 cup Parmesan cheese and butter.
- Bake at 400 for 25 minutes or until bubbly.

# Nutrition Facts

PROTEIN 17.91% FAT 25.11% CARBS 56.98%

## Properties

Glycemic Index:53.17, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:13.983913113242%

## Flavonoids

Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg 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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

## Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 7.11g (10.94%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 33.06g (12.02%), Sugar: 6.9g (7.66%), Cholesterol: 15.52mg (5.17%), Sodium: 892.2mg (38.79%), Alcohol: 1.4g (100%), Alcohol %: 0.43% (100%), Protein: 11.42g (22.83%), Selenium: 25.82µg (36.88%), Copper: 0.5mg (25.05%), Vitamin B2: 0.42mg (24.43%), Phosphorus: 232.58mg (23.26%), Calcium: 227.21mg (22.72%), Potassium: 639.22mg (18.26%), Vitamin B3: 3.51mg (17.54%), Manganese: 0.35mg (17.49%), Vitamin B6: 0.31mg (15.25%), Vitamin C: 11.35mg (13.76%), Vitamin B5: 1.34mg (13.4%), Fiber: 3.27g (13.06%), Vitamin B1: 0.18mg (11.85%), Zinc: 1.6mg (10.69%), Magnesium: 42.41mg (10.6%), Iron: 1.88mg (10.43%), Folate: 39.31µg (9.83%), Vitamin A: 441.12IU (8.82%), Vitamin E: 1.25mg (8.3%), Vitamin K: 5.58µg (5.31%), Vitamin B12: 0.23µg (3.87%)