

 **66%**
HEALTH SCORE

Polenta Lasagna

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic clove minced
- ☐ 26 ounce tomatoes divided
- ☐ 1 cup soy sausage fat-free lean crumbled (such as Lightlife Gimme)
- ☐ 1 cup mushrooms chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 ounces part-skim mozzarella cheese
- ☐ 16 ounce polenta cut into 18 slices

- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup zucchini chopped

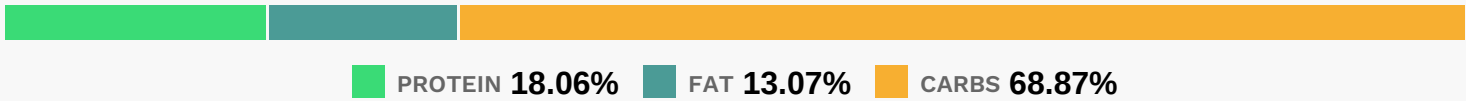
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Spoon 1/2 cup marinara sauce into an 8-inch square baking dish to cover bottom, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut 4 minutes or until tender. Stir in sausage; cook 2 minutes.
- ☐ Add mushrooms, zucchini, and garlic; saut 2 minutes or until mushrooms are tender, stirring frequently.
- ☐ Add remaining marinara sauce; reduce heat, and simmer 10 minutes.
- ☐ Arrange 9 polenta slices over marinara in baking dish, and top evenly with half of vegetable mixture.
- ☐ Sprinkle 1/4 cup of cheese over vegetable mixture; arrange remaining polenta over cheese. Top polenta with the remaining vegetable mixture, and sprinkle with remaining 1/4 cup cheese.
- ☐ Cover and bake at 350 for 30 minutes. Uncover and bake an additional 15 minutes or until bubbly.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:27.119130400212%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 430.62kcal (21.53%), Fat: 6.25g (9.61%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 74.02g (24.67%), Net Carbohydrates: 68.23g (24.81%), Sugar: 7.2g (8%), Cholesterol: 6.05mg (2.02%), Sodium: 907.81mg (39.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Vitamin B6: 22.28mg (1113.8%), Vitamin B12: 43.89µg (731.53%), Vitamin B2: 8.99mg (528.55%), Iron: 10.96mg (60.88%), Vitamin C: 28.96mg (35.11%), Selenium: 16.75µg (23.92%), Fiber: 5.79g (23.14%), Vitamin A: 1149.22IU (22.98%), Potassium: 667.17mg (19.06%), Phosphorus: 162.29mg (16.23%), Manganese: 0.3mg (15.17%), Vitamin B3: 2.92mg (14.59%), Vitamin E: 2.09mg (13.96%), Copper: 0.27mg (13.61%), Magnesium: 48.72mg (12.18%), Vitamin B1: 0.17mg (11.2%), Vitamin B5: 1.09mg (10.92%), Calcium: 103.56mg (10.36%), Folate: 31.7µg (7.92%), Zinc: 1.05mg (6.97%), Vitamin K: 5.4µg (5.14%)