



Polenta Pie with Cheese and Tomato Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



392 kcal

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan finely grated
- ☐ 16 oz polenta plain (plastic-wrapped)
- ☐ 1 cup mozzarella cheese shredded
- ☐ 25 oz tomato sauce (preferably Lucini brand Sicilian eggplant and olive)

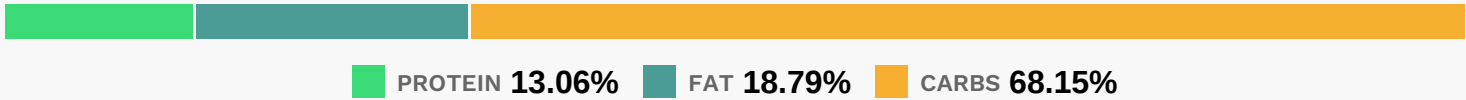
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F. Oil a 9-inch pie plate or a 4-cup gratin dish with 1 teaspoon oil. 3
- ☐ Cut polenta roll crosswise into 1/4-inch-thick slices and line pie plate with half of slices, overlapping slices slightly to completely cover bottom of pie plate. Stir 1 tablespoon basil into 1 1/2 cups pasta sauce and spread over polenta, then sprinkle with half of mozzarella. Top with remaining half of polenta slices, then sprinkle with Parmigiano-Reggiano and remaining half of mozzarella.
- ☐ Bake until bubbling and golden, about 20 minutes. While pie bakes, heat remaining pasta sauce, basil, and oil in a small saucepan, stirring occasionally, until heated through.
- ☐ Let pie stand 5 minutes to firm up and cool, then serve with extra sauce on the side.
- ☐ *Found at many supermarkets and lucini.com.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:10.428695753865%

Nutrients (% of daily need)

Calories: 392.13kcal (19.61%), Fat: 8.2g (12.62%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 66.93g (22.31%), Net Carbohydrates: 63.94g (23.25%), Sugar: 4.9g (5.44%), Cholesterol: 15.88mg (5.29%), Sodium: 704.47mg (30.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.65%), Selenium: 17.11µg (24.44%), Vitamin A: 847.62IU (16.95%), Phosphorus: 165.1mg (16.51%), Vitamin E: 2.08mg (13.88%), Potassium: 472.11mg (13.49%), Calcium: 133.25mg (13.33%), Fiber: 2.99g (11.97%), Vitamin B6: 0.24mg (11.82%), Iron: 2.02mg (11.22%), Manganese: 0.22mg (11.01%), Magnesium: 43.02mg (10.76%), Vitamin B3: 2.11mg (10.54%), Vitamin C: 8.39mg (10.17%), Copper: 0.2mg (9.88%), Vitamin B2: 0.17mg (9.76%), Vitamin B1: 0.13mg (8.87%), Zinc: 1.17mg (7.77%), Vitamin K: 8.16µg (7.77%), Vitamin B5: 0.77mg (7.67%), Vitamin B12: 0.45µg (7.43%), Folate: 16.29µg (4.07%)