



Polenta Sausage Mozzarella Casserole



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons olive oil extra virgin
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 onion yellow chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon fennel seeds

- ☐ 1 pound sausage sweet italian (removed from casings)
- ☐ 2 pounds polenta prepared
- ☐ 8 ounces mozzarella cheese fresh sliced into 1/4-inch slices

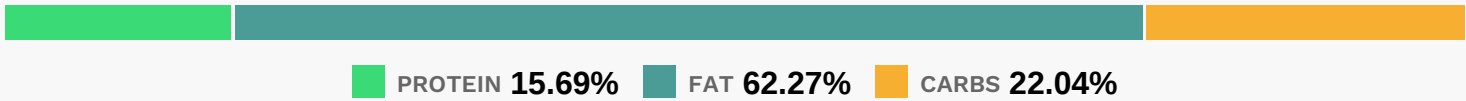
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Heat 3 Tbsp of olive oil in a large (2-3 qt) saucepan on medium heat.
- ☐ Add the sliced onion and sausage and sauté, stirring often, until the meat is browned.
- ☐ Add the garlic, salt, pepper, and fennel seeds to the sauté pan. Cook, stirring occasionally, for 2 minutes.
- ☐ Add the tomato, cover the pan, lower the heat to medium, and simmer for 20 minutes.
- ☐ Broil the cooked polenta: While the sauce is cooking, coat the bottom of a 9x13-inch lasagna or gratin pan (a pan that can handle the heat of a broiler) with a 1 tablespoon of oil.
- ☐ Add the cooked polenta (or slices) to the pan. Coat the top of the polenta with a little more olive oil. Broil the polenta about 4 inches from the heating element until golden brown and crispy, about 10-15 minutes.
- ☐ Add sauce, mozzarella, broil again:
- ☐ Pour sauce over broiled polenta, then arrange mozzarella slices over the top and return the casserole to the broiler. Broil until the cheese is melted and beginning to brown, about 2 minutes.
- ☐ Let cool for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:19.820434891659%

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 603.11kcal (30.16%), Fat: 42.24g (64.99%), Saturated Fat: 14.9g (93.1%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 29.8g (10.84%), Sugar: 7.19g (7.99%), Cholesterol: 87.32mg (29.11%), Sodium: 1162.87mg (50.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.89%), Selenium: 30.47µg (43.53%), Vitamin B1: 0.58mg (38.74%), Phosphorus: 311.62mg (31.16%), Calcium: 280.1mg (28.01%), Vitamin B6: 0.53mg (26.43%), Vitamin B12: 1.55µg (25.83%), Manganese: 0.47mg (23.34%), Vitamin B3: 4.47mg (22.37%), Vitamin E: 3.26mg (21.73%), Zinc: 3.01mg (20.08%), Potassium: 692.66mg (19.79%), Iron: 3.53mg (19.62%), Vitamin B2: 0.32mg (19.11%), Vitamin C: 15.75mg (19.09%), Vitamin K: 19.06µg (18.15%), Copper: 0.36mg (17.91%), Fiber: 3.85g (15.4%), Magnesium: 58.32mg (14.58%), Vitamin A: 602.92IU (12.06%), Vitamin B5: 0.97mg (9.69%), Folate: 32.95µg (8.24%), Vitamin D: 0.15µg (1.01%)