



Polenta-Sausage Ragout

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

Ingredients

- 1.5 cups whole-kernel corn frozen
- 0.1 teaspoon thyme leaves dried
- 2 links sausage whole italian hot
- 8 ounce mushrooms
- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.3 teaspoon pepper freshly ground
- 4 inch polenta

1.3 cups bell pepper red chopped

Equipment

frying pan

Directions

- Remove casings from Italian sausage, and combine with bell pepper, corn, onion, and mushrooms in a large skillet over medium-high heat. Cook, stirring frequently, 7 minutes or until the sausage is crumbled and browned. Set aside.
- Sprinkle one side of each polenta slice with thyme and ground pepper.
- Heat oil in large skillet over medium-high heat; cook 4 minutes or until browned. Coat tops of slices with cooking spray; turn and cook 2 minutes or until browned.
- Spoon 1/2 cup sausage mixture onto each serving plate; top with 2 polenta slices, thyme-side up.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:18.39391298916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg, Quercetin: 16.35mg

Nutrients (% of daily need)

Calories: 332.31kcal (16.62%), Fat: 22.24g (34.22%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 19.19g (6.98%), Sugar: 9.22g (10.24%), Cholesterol: 42.56mg (14.19%), Sodium: 543.47mg (23.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin C: 68.83mg (83.43%), Vitamin B1: 0.45mg (30.15%), Vitamin A: 1494.45IU (29.89%), Selenium: 20.42µg (29.17%), Vitamin B2: 0.44mg (25.84%), Vitamin B3: 5.06mg (25.32%), Vitamin B6: 0.49mg (24.27%), Phosphorus: 193.99mg (19.4%), Folate: 73.73µg (18.43%), Potassium: 623.64mg (17.82%), Fiber: 4.22g (16.87%), Vitamin B5: 1.61mg (16.13%), Manganese:

0.31mg (15.28%), Copper: 0.29mg (14.42%), Zinc: 1.76mg (11.74%), Magnesium: 35.49mg (8.87%), Vitamin B12:
0.53µg (8.87%), Vitamin E: 1.32mg (8.8%), Iron: 1.57mg (8.75%), Vitamin K: 5.46µg (5.2%), Calcium: 36.52mg (3.65%)