



WHATSheATE



HEALTH SCORE

57%

Polenta Stack With Navy Bean Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil chopped for garnish
- ☐ 31 ounces navy beans rinsed drained canned
- ☐ 18 ounces polenta prepared cut into 16 slices
- ☐ 10 ounces feta divided crumbled
- ☐ 1 pound plum tomatoes chopped
- ☐ 14 ounces roasted peppers red drained
- ☐ 1 pound zucchini cut into 1/4-inch slices

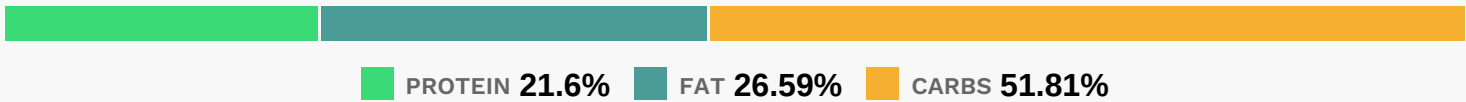
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill. Fold four 18-inch-long pieces of foil in half; unfold and coat inside with cooking spray.
- ☐ Combine beans, tomatoes, chopped basil and 5 ounces feta in a bowl.
- ☐ Place 1/4 of bean mixture in center of 1 half of each piece of foil. Working 1 packet at a time, place 4 slices polenta in an overlapping circle over beans. Top with 1/4 of zucchini slices, 1/4 of red peppers and 1/4 of remaining 5 ounces feta. Fold foil to close and crimp edges to seal packets; place on grill; close lid; cook until packets are fully puffed, 10 minutes. Carefully cut foil to open and garnish with basil leaves.
- ☐ Serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:39.968260956847%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 569.59kcal (28.48%), Fat: 17.33g (26.66%), Saturated Fat: 9.88g (61.73%), Carbohydrates: 75.99g (25.33%), Net Carbohydrates: 60.66g (22.06%), Sugar: 6.57g (7.3%), Cholesterol: 63.08mg (21.03%), Sodium: 3168.04mg (137.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.36%), Vitamin C: 84.05mg (101.88%), Manganese: 1.39mg (69.5%), Phosphorus: 639.12mg (63.91%), Fiber: 15.32g (61.29%), Folate: 222.32µg (55.58%), Calcium: 531.97mg (53.2%), Vitamin B2: 0.89mg (52.17%), Vitamin B6: 1.01mg (50.52%), Vitamin A: 2184.25IU (43.68%), Magnesium: 168.83mg (42.21%), Potassium: 1421.93mg (40.63%), Selenium: 27.35µg (39.07%), Copper: 0.77mg (38.51%), Vitamin B1: 0.56mg (37.3%), Iron: 6.34mg (35.24%), Vitamin K: 33.93µg (32.32%), Zinc:

4.58mg (30.54%), Vitamin B12: 1.2µg (19.96%), Vitamin B3: 3.75mg (18.77%), Vitamin E: 2.64mg (17.59%), Vitamin B5: 1.54mg (15.39%), Vitamin D: 0.28µg (1.89%)