



Polenta with Artichoke Ragout

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fillet anchovy finely chopped
- 8 ounces artichoke hearts drained chopped
- 2 tablespoons butter
- 14 ounce canned tomatoes diced canned
- 0.3 cup capers drained
- 3 garlic cloves minced
- 4 servings salt and ground pepper fresh black
- 1 cup mediterranean olives such as kalamata pitted chopped

- 3 tablespoons olive oil extra-virgin
- 1 cup onions chopped
- 2 ounces parmesan freshly grated
- 4 servings parmesan freshly grated
- 1 cup polenta fine-grained
- 1 teaspoon salt
- 1 quart water (or chicken or vegetable broth)

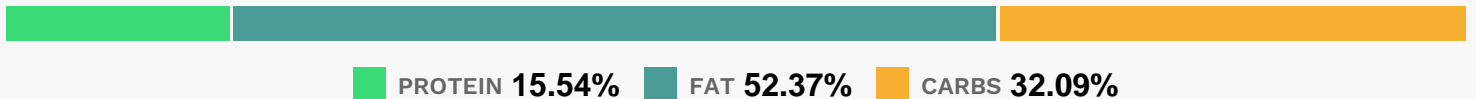
Equipment

- sauce pan
- whisk

Directions

- Combine polenta, water, and salt in a saucepan.
- Place over moderately high heat and bring to a boil, whisking every so often. Turn down to a simmer and simmer gently, (partially covered with a lid) for 15 minutes. Stir in the butter and cheese, and season with salt and pepper to taste.
- Heat the oil over moderately low heat, add the onion and cook until softened.
- Add the garlic and cook 2 minutes more.
- Add all the remaining ingredients and simmer for 10 minutes or until thickened slightly.
- Serve over warm soft polenta and sprinkle each portion with some of the cheese.

Nutrition Facts



Properties

Glycemic Index:86.13, Glycemic Load:22.12, Inflammation Score:-9, Nutrition Score:21.024347958357%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 14.63mg, Kaempferol: 14.63mg, Kaempferol: 14.63mg, Kaempferol: 14.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 27.03mg, Quercetin: 27.03mg, Quercetin: 27.03mg, Quercetin: 27.03mg

Nutrients (% of daily need)

Calories: 601.78kcal (30.09%), Fat: 35.71g (54.94%), Saturated Fat: 13.53g (84.58%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 40.51g (14.73%), Sugar: 9.74g (10.82%), Cholesterol: 47.49mg (15.83%), Sodium: 3458.06mg (150.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.69%), Calcium: 602.82mg (60.28%), Phosphorus: 454.05mg (45.4%), Fiber: 8.71g (34.84%), Vitamin E: 4.57mg (30.5%), Manganese: 0.56mg (28%), Vitamin A: 1388.48IU (27.77%), Vitamin B6: 0.52mg (25.93%), Magnesium: 95.66mg (23.92%), Selenium: 15.41µg (22.02%), Copper: 0.41mg (20.29%), Zinc: 2.94mg (19.57%), Iron: 3.52mg (19.53%), Vitamin B2: 0.28mg (16.4%), Vitamin B1: 0.25mg (16.37%), Potassium: 563.89mg (16.11%), Vitamin C: 13.26mg (16.07%), Vitamin K: 16.43µg (15.65%), Vitamin B3: 3.09mg (15.46%), Folate: 41.29µg (10.32%), Vitamin B12: 0.57µg (9.45%), Vitamin B5: 0.82mg (8.21%), Vitamin D: 0.22µg (1.47%)