



Polenta with Bolognese Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup cooking wine dry red
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 teaspoon fennel seeds
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 0.8 pound ground round
- ☐ 1.5 cups milk 1% reduced-fat
- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh divided finely grated
- ☐ 1 cup polenta dry
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

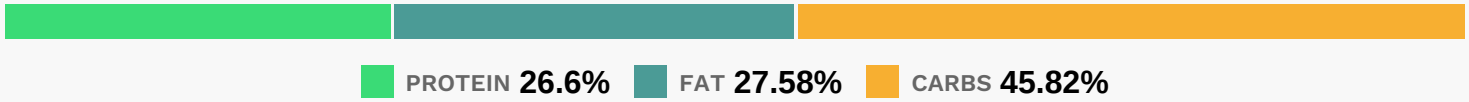
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ To prepare sauce, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, carrot, beef, and garlic; cook 6 minutes or until beef is browned, stirring to crumble.
- ☐ Add wine; cook 1 minute.
- ☐ Add 1/4 teaspoon salt, fennel, pepper, and tomatoes. Bring to a boil; cover, reduce heat, and simmer 40 minutes.
- ☐ To prepare polenta, combine milk, 1/2 teaspoon salt, and broth in a medium saucepan. Gradually add polenta, stirring constantly with a whisk; bring to a boil. Reduce heat to medium; cook 3 minutes or until thick, stirring constantly. Stir in 6 tablespoons cheese.
- ☐ Spoon polenta into an 8-inch square baking dish coated with cooking spray, spreading evenly.

- ☐ Let stand 10 minutes or until firm. Loosen edges of polenta with a knife. Invert polenta onto a cutting board; cut into 4 squares.
- ☐ Cut each square diagonally into 2 triangles.
- ☐ Place 1 triangle on each of 8 plates; top each serving with 1/2 cup sauce, 3/4 teaspoon cheese, and 1 1/2 teaspoons basil.

Nutrition Facts



Properties

Glycemic Index:33.85, Glycemic Load:2.75, Inflammation Score:-7, Nutrition Score:14.027825894563%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 252.38kcal (12.62%), Fat: 7.61g (11.71%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 25.72g (9.35%), Sugar: 7.91g (8.79%), Cholesterol: 36mg (12%), Sodium: 718.35mg (31.23%), Alcohol: 1.05g (100%), Alcohol %: 0.44% (100%), Protein: 16.52g (33.04%), Phosphorus: 229.6mg (22.96%), Vitamin B12: 1.36µg (22.64%), Selenium: 15.1µg (21.56%), Vitamin A: 1065.08IU (21.3%), Vitamin B6: 0.41mg (20.51%), Vitamin B3: 4.03mg (20.13%), Zinc: 2.87mg (19.13%), Calcium: 188.68mg (18.87%), Potassium: 588.47mg (16.81%), Iron: 2.69mg (14.97%), Vitamin B2: 0.25mg (14.8%), Manganese: 0.29mg (14.58%), Vitamin C: 11.43mg (13.86%), Copper: 0.26mg (12.95%), Magnesium: 45.79mg (11.45%), Fiber: 2.73g (10.93%), Vitamin B1: 0.16mg (10.42%), Vitamin E: 1.44mg (9.62%), Vitamin K: 9.71µg (9.25%), Vitamin B5: 0.92mg (9.19%), Folate: 24.76µg (6.19%)