



Polenta with Garden Vegetables



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



554 kcal

SIDE DISH

Ingredients

- ☐ 16 ounces polenta refrigerated cut into 1/2-inch slices
- ☐ 2 tablespoons vegetable oil
- ☐ 1 small onion red cut into thin wedges
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 pound green beans cut into 3/4-inch pieces
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 4 ounces mushrooms sliced
- ☐ 1 small to 3 sized squashes yellow

- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce mozzarella cheese shredded finely

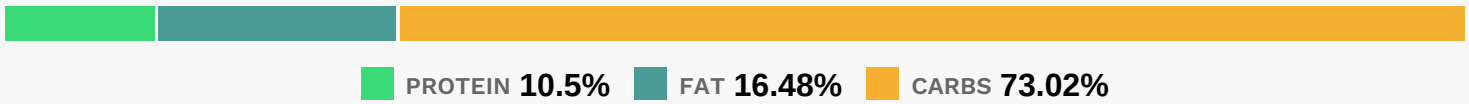
Equipment

- ☐ frying pan

Directions

- ☐ Cook polenta as directed on package.
- ☐ While polenta is cooking, heat oil in 10-inch skillet over medium-high heat. Cook onion and garlic in oil 3 to 5 minutes, stirring occasionally, until crisp-tender.
- ☐ Stir in green beans and bell pepper. Cover and cook over medium-low heat 8 to 10 minutes, stirring occasionally, until beans are crisp-tender. Stir in mushrooms, squash, fennel and salt. Cover and cook 3 to 5 minutes, stirring occasionally, until squash is crisp-tender.
- ☐ Serve polenta over vegetable mixture.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:2.75, Inflammation Score:-9, Nutrition Score:19.213913204877%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 554.4kcal (27.72%), Fat: 10.2g (15.7%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 101.73g (33.91%), Net Carbohydrates: 96.39g (35.05%), Sugar: 6.6g (7.34%), Cholesterol: 5.6mg (1.87%), Sodium: 199.39mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.25%), Vitamin C: 62.76mg (76.08%), Vitamin K: 40.23µg (38.32%), Vitamin A: 1908.13IU (38.16%), Selenium: 23.91µg (34.15%), Vitamin B6: 0.5mg (25.21%),

Manganese: 0.43mg (21.44%), Fiber: 5.33g (21.34%), Vitamin B2: 0.32mg (18.93%), Phosphorus: 186.18mg (18.62%),
Vitamin B1: 0.27mg (18%), Vitamin B3: 3.37mg (16.87%), Potassium: 576.85mg (16.48%), Magnesium: 62.34mg
(15.58%), Folate: 60.66µg (15.16%), Vitamin B5: 1.32mg (13.19%), Copper: 0.25mg (12.72%), Iron: 2.29mg (12.7%),
Vitamin E: 1.44mg (9.57%), Zinc: 1.21mg (8.05%), Calcium: 79.04mg (7.9%), Vitamin B12: 0.17µg (2.88%)