



Polenta with Meat Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1.5 cups canned tomatoes thick canned crushed (from one 15-ounce can)
- ☐ 2 carrots chopped
- ☐ 0.8 cup chicken broth low-sodium homemade canned
- ☐ 1.3 cups cornmeal
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic minced

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 3 tablespoons cup heavy whipping cream light
- ☐ 4 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 3 tablespoons parmesan grated plus more for serving
- ☐ 1.8 teaspoons salt
- ☐ 1.5 pounds mild sausage italian
- ☐ 4.5 cups water

Equipment

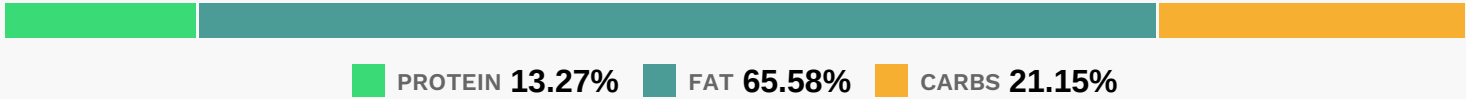
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ In a large deep frying pan, heat 1 tablespoon of the oil over moderately high heat.
- ☐ Add the sausage and cook, breaking up the meat with a fork until no longer pink, about 3 minutes. Tilt the pan and spoon off all but 2 tablespoons fat. Reduce the heat to moderate.
- ☐ Add the carrots, onion, and garlic and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- ☐ Stir in the wine and let simmer 3 minutes.
- ☐ Add the tomatoes, broth, 4 tablespoons of the parsley, the bay leaf, and 1/2 teaspoon of the salt. Simmer, covered, for 15 minutes. Uncover, add the pepper, and simmer 5 minutes longer.
- ☐ Remove the bay leaf. Stir in the cream and the remaining 2 tablespoons parsley.
- ☐ Meanwhile, in a medium saucepan, bring the water and the remaining 1 1/4 teaspoons salt to a boil.
- ☐ Add the cornmeal in a slow stream, whisking constantly.
- ☐ Whisk in the remaining 3 tablespoons oil. Reduce the heat and simmer, stirring frequently with a wooden spoon, until the polenta is thick, about 20 minutes. Stir in the Parmesan.

- ☐
- Serve the polenta topped with the meat sauce. Pass additional Parmesan.
- ☐
- Wine Recommendation: Homey food calls for a simple but flavorful red wine. For a touch of regional authenticity, select a Sangiovese di Romagna.

Nutrition Facts



Properties

Glycemic Index:86.08, Glycemic Load:27.22, Inflammation Score:-10, Nutrition Score:38.432608731415%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 1046.41kcal (52.32%), Fat: 75.54g (116.22%), Saturated Fat: 24.6g (153.72%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 46.5g (16.91%), Sugar: 7.81g (8.67%), Cholesterol: 144.31mg (48.1%), Sodium: 2500.53mg (108.72%), Alcohol: 2.06g (100%), Alcohol %: 0.35% (100%), Protein: 34.4g (68.8%), Vitamin A: 5942.18IU (118.84%), Vitamin K: 116.58µg (111.03%), Vitamin B1: 1.24mg (82.83%), Selenium: 47.44µg (67.77%), Vitamin B6: 1.1mg (54.93%), Phosphorus: 466.54mg (46.65%), Vitamin B3: 9.02mg (45.11%), Manganese: 0.79mg (39.41%), Zinc: 5.38mg (35.89%), Fiber: 8.33g (33.31%), Potassium: 1118.68mg (31.96%), Iron: 5.63mg (31.3%), Vitamin C: 24.58mg (29.79%), Magnesium: 116.65mg (29.16%), Vitamin B12: 1.66µg (27.66%), Copper: 0.54mg (27.16%), Vitamin B2: 0.46mg (27.04%), Vitamin E: 3.71mg (24.73%), Vitamin B5: 1.65mg (16.51%), Folate: 64.63µg (16.16%), Calcium: 160mg (16%)