



Polenta with Quick Mushroom-and-Meat Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes crushed canned
- 2 cloves garlic finely chopped
- 1 pound pd of ground turkey lean
- 10 oz mushrooms sliced
- 1 tablespoon olive oil
- 0.3 teaspoon oregano dried
- 6 tablespoons parmesan grated
- 1.5 cups polenta instant

- 6 servings salt and pepper
- 0.5 teaspoon sugar

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Warm olive oil in a large skillet over medium-high heat.
- Add garlic and cook, stirring, until fragrant, about 30 seconds.
- Add mushrooms, oregano and 1/2 tsp. salt and cook, stirring, until mushrooms release their water, 3 to 5 minutes.
- Add turkey and cook, stirring and breaking up with a spoon, until no longer pink, about 8 minutes. Stir in tomatoes and sugar, bring to a simmer, and cook until thickened, 15 to 20 minutes. Season with salt and pepper; keep warm.
- Bring 4 1/2 cups water and 1 tsp. salt to a boil in a small saucepan.
- Whisk in polenta and cook, whisking constantly, until thickened. Divide polenta among bowls, top with sauce, sprinkle with Parmesan and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:3.42, Inflammation Score:-6, Nutrition Score:19.1847825465%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 328.09kcal (16.4%), Fat: 6.12g (9.41%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 40.03g (14.56%), Sugar: 7.4g (8.22%), Cholesterol: 44.98mg (14.99%), Sodium: 490.08mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.61%), Vitamin B3: 11.16mg (55.81%), Vitamin B6: 0.97mg (48.59%), Selenium: 29.93µg (42.75%), Phosphorus: 319.95mg (31.99%), Copper: 0.47mg (23.57%), Potassium: 825.09mg (23.57%), Vitamin B2: 0.37mg (21.9%), Vitamin B5: 1.96mg (19.63%), Iron: 3.04mg (16.88%), Manganese: 0.33mg (16.67%), Magnesium: 66.05mg (16.51%), Vitamin C: 13.48mg (16.34%), Vitamin B1: 0.24mg (16.01%), Zinc: 2.25mg (14.99%), Fiber: 3.68g (14.71%), Vitamin E: 2.07mg (13.83%), Calcium: 111.95mg (11.19%), Vitamin K: 9.16µg (8.72%), Vitamin A: 428.96IU (8.58%), Folate: 33.84µg (8.46%), Vitamin B12: 0.46µg (7.74%), Vitamin D: 0.42µg (2.81%)