



Polenta with Roasted Red Peppers and Fontina Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

SIDE DISH

Ingredients

- 14.5 ounce canned tomatoes whole undrained chopped canned
- 5 ounces fontina shredded
- 16 ounce polenta
- 3 large bell peppers red

Equipment

- bowl
- frying pan

- baking sheet
- oven
- sieve
- baking pan
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Cut peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel; cut into strips. Set aside.
- Preheat oven to 35
- Drain tomatoes in sieve over bowl; reserve liquid. Set aside.
- Place a large skillet over medium-low heat; add chopped tomatoes. Cook 1 minute. Gradually add tomato liquid; simmer 1 minute.
- Add pepper strips; simmer 5 minutes.
- Remove from heat.
- Spread 1/4 cup pepper sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange polenta slices over pepper sauce; spread remaining pepper sauce over polenta.
- Sprinkle with cheese.
- Bake at 350 for 25 minutes.
- Garnish with basil, if desired.

Nutrition Facts



■ PROTEIN **13.98%** ■ FAT **18.68%** ■ CARBS **67.34%**

Properties

Glycemic Index:16.17, Glycemic Load:2.53, Inflammation Score:-9, Nutrition Score:18.3717391776%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 415.61kcal (20.78%), Fat: 8.69g (13.37%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 70.48g (23.49%), Net Carbohydrates: 66.25g (24.09%), Sugar: 7.31g (8.12%), Cholesterol: 27.4mg (9.13%), Sodium: 283.47mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.27%), Vitamin C: 111.26mg (134.86%), Vitamin A: 3092.19IU (61.84%), Selenium: 16.77µg (23.96%), Vitamin B6: 0.47mg (23.61%), Phosphorus: 180.17mg (18.02%), Fiber: 4.23g (16.93%), Calcium: 160.48mg (16.05%), Manganese: 0.3mg (15.03%), Vitamin E: 2.22mg (14.77%), Potassium: 492.45mg (14.07%), Vitamin B1: 0.2mg (13.26%), Folate: 51.82µg (12.96%), Vitamin B3: 2.58mg (12.91%), Magnesium: 47.26mg (11.82%), Iron: 2.05mg (11.41%), Vitamin B2: 0.18mg (10.81%), Zinc: 1.53mg (10.18%), Copper: 0.2mg (10.1%), Vitamin B5: 0.92mg (9.18%), Vitamin K: 8.49µg (8.09%), Vitamin B12: 0.4µg (6.61%)