



 **54%**
HEALTH SCORE

Polenta with Roasted Vegetables

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons balsamic vinegar
- 2.5 cups pieces bell pepper red (1-inch) (2 peppers)
- 0.3 teaspoon pepper black divided
- 2 ounces feta cheese crumbled
- 0.3 cup basil fresh chopped
- 1 tablespoon olive oil
- 1 cup pieces onion red (1-inch)
- 32 ounce polenta

- 0.3 teaspoon salt
- 4 cups pieces zucchini (1-inch) (2 medium)

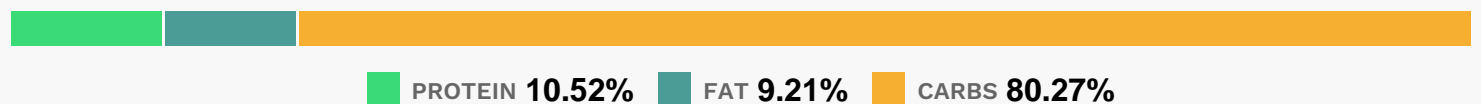
Equipment

- bowl
- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat oven to 47
- Combine first 4 ingredients in a large bowl; arrange in a single layer on a jelly-roll pan coated with cooking spray.
- Bake at 475 for 25 minutes or until tender, stirring after 15 minutes. Stir in basil, vinegar, and 1/8 teaspoon black pepper.
- Preheat broiler.
- Place polenta slices on a baking sheet coated with cooking spray; sprinkle with salt and 1/8 teaspoon black pepper. Broil 7 minutes on each side or until lightly browned. Spoon roasted vegetables over polenta; sprinkle with cheese.
- Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:27.389565138713%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 977.12kcal (48.86%), Fat: 9.94g (15.3%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 194.89g (64.96%), Net Carbohydrates: 187.32g (68.12%), Sugar: 11.19g (12.43%), Cholesterol: 6.52mg (2.17%), Sodium: 216.57mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.1%), Vitamin C: 144.72mg (175.41%), Vitamin A: 3902.5IU (78.05%), Selenium: 39.51µg (56.44%), Vitamin B6: 0.89mg (44.67%), Manganese: 0.68mg (33.85%), Fiber: 7.57g (30.27%), Phosphorus: 287.24mg (28.72%), Vitamin B1: 0.43mg (28.67%), Potassium: 907.28mg (25.92%), Magnesium: 103.22mg (25.8%), Folate: 94.62µg (23.65%), Vitamin B3: 4.32mg (21.6%), Vitamin B2: 0.35mg (20.76%), Vitamin K: 21.6µg (20.57%), Iron: 3.62mg (20.11%), Copper: 0.38mg (19.1%), Vitamin B5: 1.8mg (18%), Vitamin E: 2.17mg (14.5%), Zinc: 1.78mg (11.87%), Calcium: 65.78mg (6.58%)