



Polenta with Sausage Ragu

READY IN



50 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes peeled canned
- ☐ 1 carrots finely minced
- ☐ 1 teaspoon fennel seeds
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin for grilling
- ☐ 1 onion finely minced
- ☐ 1 bunch oregano leaves
- ☐ 1 pound pork sausage
- ☐ 1 teaspoon salt

- ☐ 4 servings salt and pepper
- ☐ 1 bunch thyme leaves
- ☐ 3 cups water
- ☐ 0.5 cup white wine
- ☐ 1 cup cornmeal yellow

Equipment

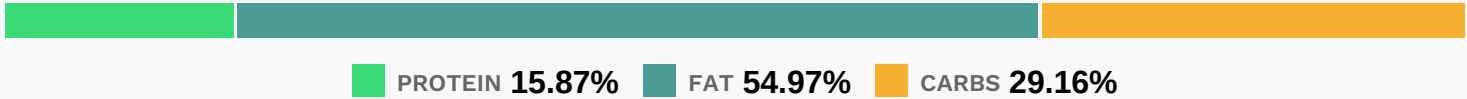
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ baking pan
- ☐ grill
- ☐ broiler

Directions

- ☐ In a medium saucepan, bring the water to a boil.
- ☐ Add the cornmeal in a thin stream, stirring constantly. Lower the heat to a simmer, season with salt and cook 5 to 7 minutes, until the consistency of thick oatmeal.
- ☐ Pour the polenta into a clean but not greased 9 by 13-inch baking dish and allow to cool 30 minutes.
- ☐ Meanwhile, in a 12 to 14-inch skillet, heat 1 tablespoon olive oil over high heat until just smoking.
- ☐ Add the sausage and cook over high heat until it begins to brown in its own fat.
- ☐ Drain the excess fat and stir in the garlic, onion, carrot, 1/2 of the thyme, 1/2 of the oregano, fennel seeds, white wine and tomatoes and bring to a boil. Reduce heat to a simmer and cook, uncovered, 20 minutes, until mixture has a thick ragu consistency. Stir in the remaining thyme and oregano.
- ☐ Meanwhile, preheat the grill or broiler.
- ☐ Cut the polenta into quarters, then halves each quarter diagonally to make 8 wedges.

- ☐ Brush the wedges with remaining 1 tablespoon olive oil, set over the grill and cook until slightly charred and crispy, about 10 minutes.
- ☐ Divide the polenta wedges equally among 4 warmed dinner plates, top with a ladle of the ragu and serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.83, Glycemic Load:21.04, Inflammation Score:-10, Nutrition Score:22.726956408957%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 613.2kcal (30.66%), Fat: 36.42g (56.03%), Saturated Fat: 10.95g (68.42%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 36.2g (13.16%), Sugar: 7.82g (8.69%), Cholesterol: 81.65mg (27.22%), Sodium: 1670.69mg (72.64%), Alcohol: 3.09g (100%), Alcohol %: 0.74% (100%), Protein: 23.65g (47.3%), Vitamin A: 2929.71IU (58.59%), Vitamin B6: 0.86mg (42.85%), Vitamin B3: 7.99mg (39.95%), Vitamin B1: 0.55mg (36.52%), Manganese: 0.66mg (33.12%), Phosphorus: 304.83mg (30.48%), Fiber: 7.28g (29.11%), Zinc: 4.21mg (28.05%), Iron: 4.53mg (25.16%), Potassium: 878.66mg (25.1%), Magnesium: 95.22mg (23.81%), Copper: 0.45mg (22.28%), Vitamin C: 16.57mg (20.09%), Vitamin E: 2.44mg (16.25%), Vitamin B12: 0.96µg (16.06%), Vitamin B2: 0.27mg (15.61%), Vitamin B5: 1.42mg (14.21%), Vitamin K: 12.49µg (11.89%), Vitamin D: 1.47µg (9.83%), Folate: 38.92µg (9.73%), Calcium: 89.14mg (8.91%), Selenium: 3.58µg (5.12%)