



Polenta with Shrimp and Tomato Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons parmesan cheese fresh shredded
- 2 cups chunky pasta sauce low-fat
- 16 ounce polenta refrigerated cut into 12 slices
- 0.8 pound shrimp fresh deveined peeled

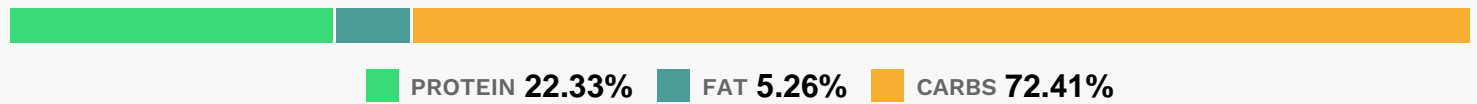
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Arrange polenta slices in skillet; cook 4 minutes on each side or until edges are crisp.
- Remove from skillet, and keep warm.
- Coat skillet with cooking spray.
- Add shrimp, and cook 2 to 3 minutes or until shrimp turn pink. Stir in pasta sauce; cook 2 to 3 minutes or until thoroughly heated.
- Place 3 slices of polenta on each of 4 serving plates. Spoon shrimp and sauce evenly over polenta; sprinkle with Parmesan cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:13.241739122764%

Nutrients (% of daily need)

Calories: 537.1kcal (26.85%), Fat: 3.13g (4.82%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 96.89g (32.3%), Net Carbohydrates: 93.24g (33.9%), Sugar: 5.12g (5.69%), Cholesterol: 139.48mg (46.49%), Sodium: 743.07mg (32.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.77%), Phosphorus: 323.88mg (32.39%), Selenium: 20.86µg (29.79%), Copper: 0.56mg (27.98%), Potassium: 747.16mg (21.35%), Magnesium: 80.41mg (20.1%), Vitamin A: 802.38IU (16.05%), Iron: 2.78mg (15.46%), Fiber: 3.65g (14.61%), Vitamin B6: 0.29mg (14.51%), Manganese: 0.28mg (14%), Zinc: 1.98mg (13.18%), Vitamin B3: 2.58mg (12.92%), Vitamin B1: 0.18mg (11.89%), Vitamin E: 1.77mg (11.82%), Calcium: 118.25mg (11.82%), Vitamin C: 8.57mg (10.39%), Vitamin B5: 0.95mg (9.45%), Vitamin B2: 0.14mg (8.08%), Folate: 16.96µg (4.24%), Vitamin K: 3.83µg (3.65%)