



Polenta with Shrimp and Tomatoes

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 clove garlic finely chopped
- ☐ 29 oz italian-seasoned tomatoes diced with juice canned
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup polenta instant
- ☐ 4 servings salt
- ☐ 1 pound shrimp frozen thawed deveined peeled

- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups vegetable broth low-sodium

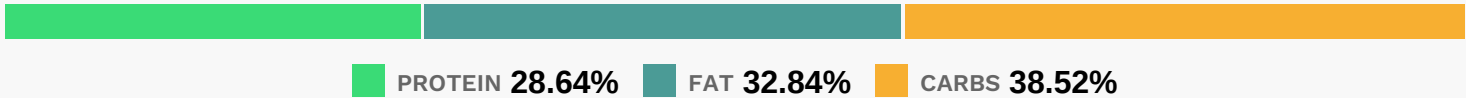
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Sprinkle shrimp with salt. Warm olive oil in a large skillet over medium-high heat.
- ☐ Add shrimp and saut, stirring, until pink and cooked through, 2 to 3 minutes. In last minute of cooking, add garlic and red pepper and continue to saut.
- ☐ Remove shrimp from skillet and set aside.
- ☐ Add tomatoes and juice to skillet and bring to a boil. Lower heat and simmer until tomatoes are soft and sauce has thickened, about 10 minutes.
- ☐ While tomatoes are cooking, bring 2 cups water, vegetable broth and 1/2 tsp. salt to a boil in a medium-size saucepan. Slowly whisk in polenta. Reduce heat to low and cook until polenta is thick and smooth, stirring often, about 5 minutes. Stir in butter and Parmesan.
- ☐ Put polenta into bowls, spoon tomato sauce over polenta and top with shrimp.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:15.450434495573%

Flavonoids

Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

1.21mg

Nutrients (% of daily need)

Calories: 426.4kcal (21.32%), Fat: 15.78g (24.28%), Saturated Fat: 5.82g (36.41%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 37.99g (13.81%), Sugar: 6.23g (6.93%), Cholesterol: 201.87mg (67.29%), Sodium: 442.62mg (19.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.92%), Vitamin A: 2058.04IU (41.16%), Phosphorus: 367.6mg (36.76%), Vitamin C: 28.39mg (34.42%), Copper: 0.6mg (30.06%), Potassium: 853.93mg (24.4%), Vitamin K: 21.31µg (20.3%), Magnesium: 76.3mg (19.07%), Calcium: 171.56mg (17.16%), Manganese: 0.33mg (16.53%), Vitamin E: 2.34mg (15.62%), Zinc: 2.22mg (14.83%), Fiber: 3.67g (14.66%), Vitamin B6: 0.24mg (12.03%), Selenium: 8.37µg (11.95%), Iron: 1.67mg (9.28%), Vitamin B1: 0.13mg (8.82%), Vitamin B3: 1.74mg (8.69%), Folate: 33.52µg (8.38%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.42mg (4.17%), Vitamin B12: 0.09µg (1.45%)