



Polenta with Sugo Finto

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter at room temperature
- 1 large carrots diced
- 2 stalks celery diced
- 5 tablespoons olive oil
- 1 onion diced
- 1 cup parmesan cheese grated
- 0.3 cup flat parsley italian chopped
- 1 cup polenta

- 0.5 cup red wine
- 1 teaspoon salt
- 1 pound tomatoes peeled seeded finely chopped
- 4 cups water

Equipment

- sauce pan
- pot

Directions

- In a large pot, heat olive oil over medium heat.
- Add celery, carrot, onion, and parsley and cook until vegetables are soft and onion is translucent, about 8 minutes.
- Add red wine and cook until it has mostly evaporated, about 6 minutes.
- Season vegetables with salt and pepper.
- Add tomatoes and stir to combine. Reduce heat to medium low and cover the pot.
- Let simmer for one hour.
- When sauce has thirty minutes left to cook, begin polenta. Fill a large sauce pan with 4 cups water. Bring water to a boil and add teaspoon of salt.
- Add polenta and cook, stirring frequently, until thick, about 25 minutes. Stir in butter.
- When sauce is finished, season with salt and pepper. Divide polenta between four plates and top with sauce.
- Sprinkle each plate with 1/4 cup Parmesan cheese.

Nutrition Facts

 **PROTEIN 9.95%**  **FAT 54.71%**  **CARBS 35.34%**

Properties

Glycemic Index:60.21, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:19.969565083151%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 526.05kcal (26.3%), Fat: 31.02g (47.72%), Saturated Fat: 10.01g (62.58%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 41.65g (15.15%), Sugar: 5.76g (6.4%), Cholesterol: 36.8mg (12.27%), Sodium: 1114.95mg (48.48%), Alcohol: 3.18g (100%), Alcohol %: 0.75% (100%), Protein: 12.7g (25.39%), Vitamin A: 4834.78IU (96.7%), Vitamin K: 90.49µg (86.18%), Vitamin C: 24.24mg (29.38%), Calcium: 270.29mg (27.03%), Phosphorus: 244.56mg (24.46%), Vitamin E: 3.63mg (24.19%), Selenium: 15.88µg (22.68%), Potassium: 579.81mg (16.57%), Manganese: 0.32mg (16.08%), Fiber: 3.41g (13.65%), Vitamin B6: 0.26mg (13.14%), Magnesium: 47.06mg (11.77%), Zinc: 1.67mg (11.12%), Folate: 42.55µg (10.64%), Vitamin B2: 0.17mg (9.9%), Copper: 0.18mg (8.99%), Vitamin B1: 0.13mg (8.95%), Iron: 1.44mg (8.02%), Vitamin B3: 1.56mg (7.81%), Vitamin B12: 0.35µg (5.82%), Vitamin B5: 0.54mg (5.39%)