



Polenta with Tomato-Braised Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 19 ounce cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1 cup polenta yellow dry

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water

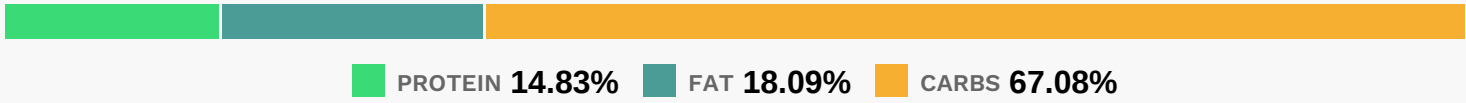
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium-high heat.
- ☐ Add parsley and garlic to pan; saut 1 minute.
- ☐ Add sage and tomatoes; cook 12 minutes or until liquid almost evaporates.
- ☐ Add black pepper, 1/8 teaspoon salt, and beans to pan. Cover, reduce heat, and cook 10 minutes, stirring occasionally.
- ☐ Bring 4 cups water and 1/2 teaspoon salt to a boil in a large saucepan.
- ☐ Add polenta in a thin stream, stirring constantly. Cook for 2 minutes, stirring constantly. Cover and cook 10 minutes. Uncover and cook 2 minutes, stirring constantly. Cover and cook 5 minutes. Uncover and cook 2 minutes, stirring constantly. Cover and cook 5 minutes; uncover and cook 2 minutes, stirring constantly.
- ☐ Serve polenta with bean mixture.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:9.12, Inflammation Score:-7, Nutrition Score:21.443043522213%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 399.39kcal (19.97%), Fat: 8.2g (12.62%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 68.41g (22.8%), Net Carbohydrates: 59.22g (21.53%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 518.97mg (22.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Copper: 2.09mg (104.59%), Manganese: 1.02mg (50.85%), Fiber: 9.18g (36.74%), Iron: 5.96mg (33.1%), Vitamin K: 30.32µg (28.87%), Potassium: 982.42mg (28.07%), Folate: 104.46µg (26.12%), Magnesium: 104.28mg (26.07%), Vitamin E: 3.37mg (22.44%), Phosphorus: 187.7mg (18.77%), Vitamin B1: 0.26mg (17.57%), Vitamin B6: 0.33mg (16.67%), Calcium: 149.36mg (14.94%), Selenium: 9.75µg (13.93%), Vitamin C: 11.25mg (13.64%), Zinc: 2.01mg (13.41%), Vitamin B3: 1.91mg (9.55%), Vitamin A: 391.07IU (7.82%), Vitamin B5: 0.74mg (7.42%), Vitamin B2: 0.12mg (7.21%)