



Polenta with Vegetable Ragout

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz regular corn cream-style canned
- ☐ 0.5 pound cherry tomatoes cut in half
- ☐ 5.5 cups fat-skimmed chicken broth
- ☐ 2 cloves garlic minced pressed
- ☐ 0.3 cup green onions diagonally sliced
- ☐ 0.5 pound mushrooms
- ☐ 0.5 lb onion peeled
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 1.5 cups polenta instant
- ☐ 2 zucchini (10 oz. total)

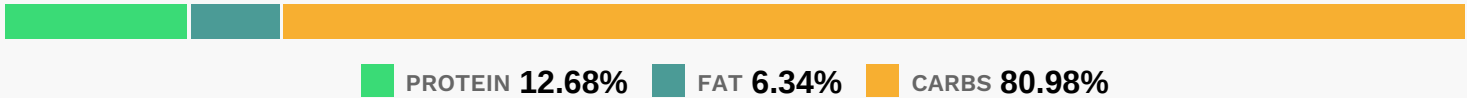
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse zucchini; trim off and discard ends.
- ☐ Cut zucchini into 1/2-inch slices. Trim off and discard stem ends of mushrooms. Rinse mushrooms, drain, and cut into quarters.
- ☐ Cut onion crosswise into 1/4-inch slices.
- ☐ In a 5- to 6-quart nonstick pan over high heat, frequently stir zucchini, mushrooms, onion, garlic, and 1/2 cup broth until broth has evaporated and vegetables are lightly browned, 12 to 15 minutes.
- ☐ Add 1/2 cup more broth and stir to release browned bits. Stir in tomatoes and pour vegetables into a bowl; keep warm.
- ☐ To pan, add remaining broth, polenta, and corn. Stir over high heat until boiling, 3 to 4 minutes.
- ☐ Spoon polenta into wide bowls. Top equally with vegetable mixture.
- ☐ Sprinkle cheese and green onions over portions.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:23.380434816298%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.25mg, Quercetin:

13.25mg, Quercetin: 13.25mg, Quercetin: 13.25mg

Nutrients (% of daily need)

Calories: 463.56kcal (23.18%), Fat: 3.48g (5.36%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 100.11g (33.37%), Net Carbohydrates: 93.51g (34%), Sugar: 15.27g (16.96%), Cholesterol: 2.17mg (0.73%), Sodium: 1896.31mg (82.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.36%), Vitamin C: 46.22mg (56.02%), Folate: 153.03µg (38.26%), Vitamin B3: 7.4mg (37%), Selenium: 25.01µg (35.74%), Vitamin B2: 0.57mg (33.25%), Phosphorus: 325.07mg (32.51%), Potassium: 1130.57mg (32.3%), Vitamin B6: 0.62mg (31.06%), Manganese: 0.61mg (30.61%), Fiber: 6.61g (26.43%), Copper: 0.52mg (26.11%), Magnesium: 91.38mg (22.85%), Vitamin B5: 2.26mg (22.6%), Vitamin B1: 0.29mg (19.6%), Vitamin K: 19.21µg (18.3%), Iron: 3.12mg (17.34%), Vitamin A: 843.4IU (16.87%), Zinc: 2.37mg (15.79%), Vitamin B12: 0.68µg (11.34%), Calcium: 86.03mg (8.6%), Vitamin E: 0.65mg (4.33%)