



Roasted Vegetables & Italian Sausage with Polenta

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

Ingredients

- 0.5 pound fennel bulb sliced thin
- 4 garlic clove crushed
- 2 cups grape tomatoes halved
- 1 tablespoon olive oil
- 1 cup and orange peppers yellow sliced
- 0.5 teaspoon oregano dried
- 1 cup polenta

- 16 ounce turkey sausage italian lean
- 1 cup water
- 4 cups water

Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 42
- Coat a 3-quart baking dish with cooking spray.
- Combine 4 cups water and polenta, and pour into prepared baking dish. Set aside.
- Place fennel in a 9- x 13-inch baking dish.
- Add bell pepper, red onion, tomatoes, and garlic.
- Drizzle with olive oil, and sprinkle with oregano. Toss to coat. Arrange turkey sausage on top, and add 1 cup water.
- Bake sausage and vegetables, uncovered, at 425 for 20 minutes.
- Remove from oven; turn sausages, and toss vegetables.
- Place half of vegetable mixture on top of sausages before returning baking dish to oven.
- Reduce temperature to 35
- Stir polenta mixture lightly, and place baking dish in oven.
- Bake at 350 for 45 minutes.
- Remove polenta from oven; stir gently with a fork, and return to oven.
- Bake both dishes an additional 10 minutes or until vegetables are completely soft and a thermometer inserted into the thickest part of a sausage registers 17
- Remove from oven.
- Stir polenta with a fork; polenta will continue to thicken as it stands.

Serve polenta and sausage topped with vegetables and pan sauce.

Sprinkle with parsley, if desired.

Nutrition Facts

PROTEIN 22.06% **FAT 31.53%** **CARBS 46.41%**

Properties

Glycemic Index:37.5, Glycemic Load:2.58, Inflammation Score:-9, Nutrition Score:26.048695895983%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 403.39kcal (20.17%), Fat: 14.3g (22%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 42.1g (15.31%), Sugar: 9.68g (10.75%), Cholesterol: 60.1mg (20.03%), Sodium: 1102.86mg (47.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.01%), Vitamin C: 100.11mg (121.34%), Iron: 12.22mg (67.9%), Selenium: 32.8µg (46.86%), Vitamin K: 47.15µg (44.9%), Vitamin A: 2115.74IU (42.31%), Vitamin B6: 0.72mg (36.25%), Phosphorus: 299.68mg (29.97%), Vitamin B3: 5.85mg (29.24%), Potassium: 782.96mg (22.37%), Fiber: 5.26g (21.04%), Manganese: 0.41mg (20.73%), Zinc: 2.98mg (19.88%), Vitamin B2: 0.28mg (16.51%), Magnesium: 65.77mg (16.44%), Copper: 0.3mg (15.06%), Vitamin B5: 1.43mg (14.33%), Folate: 55.36µg (13.84%), Vitamin B1: 0.19mg (12.8%), Vitamin E: 1.87mg (12.48%), Vitamin B12: 0.49µg (8.13%), Calcium: 80.78mg (8.08%)