



WHATSheATE



Roman-Style Polenta Gnocchi



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



776 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings garnish: basil chopped
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 ounces mozzarella cheese fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 1 tablespoon olive oil
- ☐ 4 servings olive oil
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 16 ounce polenta
- ☐ 0.3 teaspoon salt

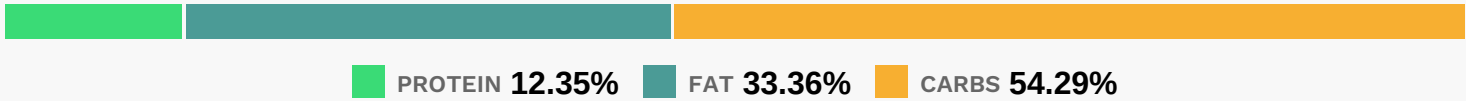
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Lightly coat an 8- x 10-inch baking dish with olive oil. Slice polenta into 1/2-inch-thick slices; arrange slices in a single layer in baking dish.
- ☐ Heat a 2-quart saucepan over medium heat; add 1 tablespoon olive oil and crushed garlic clove to pan. Cook until the garlic is soft (2-3 minutes).
- ☐ Add crushed tomatoes, dried oregano, salt, and 1/4 cup chopped fresh basil to pan; bring to a boil. Reduce heat, and cook until thick (about 10 minutes). Spoon tomato sauce over polenta; sprinkle with fresh mozzarella and Parmigiano-Reggiano.
- ☐ Bake until bubbly and golden (20-25 minutes).
- ☐ Garnish with chopped basil; serve.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:4.44, Inflammation Score:-8, Nutrition Score:21.853478219198%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 775.54kcal (38.78%), Fat: 29.02g (44.64%), Saturated Fat: 8.46g (52.85%), Carbohydrates: 106.27g (35.42%), Net Carbohydrates: 100.51g (36.55%), Sugar: 9.88g (10.98%), Cholesterol: 30.9mg (10.3%), Sodium: 787.11mg (34.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.34%), Selenium: 28.23µg (40.33%), Calcium: 372.71mg (37.27%), Vitamin K: 38.35µg (36.52%), Vitamin E: 5.16mg (34.37%), Phosphorus: 336.87mg (33.69%), Manganese: 0.56mg (28%), Vitamin B6: 0.5mg (25.18%), Copper: 0.47mg (23.64%), Iron: 4.26mg (23.64%), Vitamin C: 19.13mg (23.18%), Fiber: 5.76g (23.05%), Vitamin A: 1147.54IU (22.95%), Potassium: 786.54mg (22.47%), Magnesium: 84.58mg (21.15%), Vitamin B1: 0.31mg (20.85%), Vitamin B3: 3.9mg (19.49%), Vitamin B2: 0.28mg (16.18%), Zinc: 2.22mg (14.78%), Vitamin B12: 0.8µg (13.27%), Vitamin B5: 1.21mg (12.12%), Folate: 37.32µg (9.33%), Vitamin D: 0.18µg (1.17%)