



Sausage Polenta Bake

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups cornmeal yellow
- 0.5 teaspoon salt
- 4 cups water boiling
- 0.3 cup parmesan cheese grated
- 0.5 pound sausage sweet italian
- 0.5 pound ground sausage italian hot
- 1 teaspoon olive oil
- 24 ounces pasta sauce garden-style

1.5 cups part-skim mozzarella cheese shredded

Equipment

frying pan

sauce pan

oven

whisk

baking pan

Directions

In a large saucepan, combine cornmeal and salt. Gradually add boiling water, whisking constantly. Cook and stir over medium heat for 5 minutes or until mixture comes to a boil.

Remove from the heat. Stir in Parmesan cheese.

Spread polenta into a greased 13x9-in. baking dish.

Bake, uncovered, at 350° for 20 minutes. Meanwhile, in a large skillet, cook sausage in oil over medium heat for 5 minutes or until no longer pink; drain.

Add spaghetti sauce; cook for 5 minutes or until heated through.

Spread over polenta; sprinkle with mozzarella cheese.

Bake 12-15 minutes longer or until cheese is melted.

Let stand for 15 minutes before cutting.

Nutrition Facts

**PROTEIN 18.3%** **FAT 56.73%** **CARBS 24.97%**

Properties

Glycemic Index:21.19, Glycemic Load:12.37, Inflammation Score:-5, Nutrition Score:13.658695728882%

Nutrients (% of daily need)

Calories: 382.91kcal (19.15%), Fat: 24.2g (37.23%), Saturated Fat: 9.36g (58.51%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 20.35g (7.4%), Sugar: 3.65g (4.06%), Cholesterol: 59.25mg (19.75%), Sodium: 1154.54mg (50.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.13%), Selenium: 20.18µg (28.83%), Vitamin

B1: 0.42mg (28.11%), Phosphorus: 276.42mg (27.64%), Calcium: 219.09mg (21.91%), Vitamin B6: 0.42mg (20.86%), Zinc: 2.7mg (18%), Vitamin B3: 3.32mg (16.62%), Vitamin B2: 0.25mg (14.59%), Fiber: 3.61g (14.44%), Manganese: 0.29mg (14.41%), Potassium: 499.46mg (14.27%), Magnesium: 54.39mg (13.6%), Iron: 2.29mg (12.74%), Vitamin B12: 0.73µg (12.17%), Copper: 0.23mg (11.44%), Vitamin A: 496.3IU (9.93%), Vitamin E: 1.43mg (9.56%), Vitamin C: 7.09mg (8.59%), Vitamin B5: 0.73mg (7.27%), Folate: 22.71µg (5.68%), Vitamin K: 3.12µg (2.97%)