



Sausage Ragù over Creamy Polenta

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 4 garlic cloves minced
- ☐ 12 ounce turkey sausage sweet italian
- ☐ 1.5 cups lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 ounce pecorino romano cheese fresh grated

- ☐ 0.8 cup polenta instant
- ☐ 2.3 cups water divided
- ☐ 1 cup milk whole

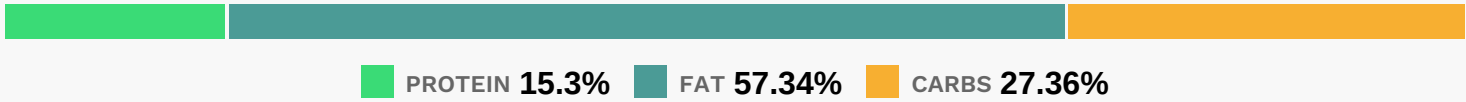
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add sausage; saut for 6 minutes, stirring to crumble.
- ☐ Remove sausage from pan; drain. Wipe pan clean; return to medium-high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add onion, and saut 4 minutes.
- ☐ Add garlic; saut 1 minute. Stir in sausage, marinara, and 1/3 cup water; bring to a boil. Reduce heat; simmer 20 minutes.
- ☐ Bring remaining 2 cups water and milk to a boil in a medium saucepan over medium heat; reduce heat to low. Gradually add polenta, and cook for 3 minutes or until thick, stirring constantly.
- ☐ Remove from heat; stir in cheese and pepper.
- ☐ Serve with sausage mixture; top with parsley.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:4.03, Inflammation Score:-7, Nutrition Score:20.120434636655%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 543.87kcal (27.19%), Fat: 34.73g (53.43%), Saturated Fat: 12.52g (78.28%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 34.54g (12.56%), Sugar: 8.21g (9.12%), Cholesterol: 79.33mg (26.44%), Sodium: 1176.91mg (51.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Vitamin K: 66.92µg (63.73%), Selenium: 29.53µg (42.19%), Vitamin B1: 0.61mg (40.56%), Phosphorus: 301.28mg (30.13%), Vitamin B6: 0.52mg (26.05%), Vitamin B3: 4.22mg (21.1%), Vitamin C: 17.02mg (20.63%), Potassium: 718.55mg (20.53%), Calcium: 203.46mg (20.35%), Vitamin B2: 0.34mg (20.17%), Vitamin B12: 1.18µg (19.71%), Vitamin A: 907.16IU (18.14%), Zinc: 2.44mg (16.25%), Manganese: 0.3mg (14.94%), Iron: 2.63mg (14.62%), Magnesium: 52.08mg (13.02%), Vitamin E: 1.91mg (12.75%), Copper: 0.25mg (12.59%), Vitamin B5: 1.2mg (12.03%), Fiber: 2.74g (10.95%), Folate: 30.46µg (7.62%), Vitamin D: 0.71µg (4.71%)