



HEALTH SCORE

57%

Summer Squash, Carrot, and Green Pea Ragout Over Polenta



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce asiago cheese grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups carrots thinly sliced
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 tablespoons flat-leaf parsley fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 2 cups peas green shelled (2 pounds unshelled peas)

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced
- ☐ 1 cup polenta instant
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons stick margarine
- ☐ 1.3 cups water divided
- ☐ 4 cups water
- ☐ 1 pound baby squash diced yellow

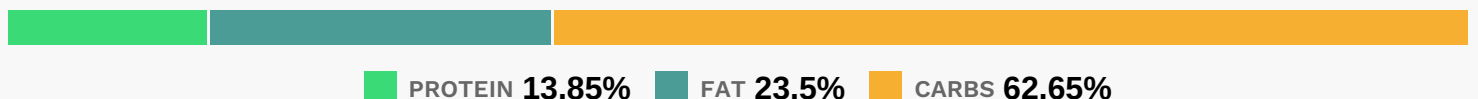
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ To prepare polenta, bring 4 cups water to a boil in a saucepan; stir in polenta and 1/2 teaspoon salt. Reduce heat, and cook until thick (about 5 minutes), stirring frequently. Keep warm.
- ☐ To prepare ragout, cook carrot in boiling water 5 minutes or until crisp-tender; drain. Rinse with cold water; drain well.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion and garlic; cook 5 minutes or until soft. Stir in squash, 1/2 cup water, 1 tablespoon parsley, 1/2 teaspoon salt, and pepper; cover, reduce heat, and simmer 8 minutes or until squash is tender. Stir in carrot, 3/4 cup water, and peas. Bring to a simmer; cook for 10 minutes. Stir in 1 tablespoon parsley, basil, lemon juice, and butter.
- ☐ Serve ragout with polenta.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:68.23, Glycemic Load:5.32, Inflammation Score:-10, Nutrition Score:21.312173944453%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 284.85kcal (14.24%), Fat: 7.61g (11.71%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 38.71g (14.08%), Sugar: 9.49g (10.55%), Cholesterol: 3.86mg (1.29%), Sodium: 420.43mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Vitamin A: 9649.3IU (192.99%), Vitamin C: 48.87mg (59.24%), Vitamin K: 56.54µg (53.85%), Manganese: 0.59mg (29.32%), Fiber: 6.92g (27.67%), Vitamin B6: 0.47mg (23.55%), Folate: 86.33µg (21.58%), Vitamin B1: 0.29mg (19.66%), Phosphorus: 191.05mg (19.11%), Potassium: 662.79mg (18.94%), Vitamin B2: 0.28mg (16.54%), Magnesium: 59.86mg (14.96%), Calcium: 135.3mg (13.53%), Vitamin B3: 2.63mg (13.17%), Copper: 0.26mg (13.03%), Selenium: 8.22µg (11.74%), Iron: 1.93mg (10.71%), Zinc: 1.51mg (10.06%), Vitamin E: 0.94mg (6.27%), Vitamin B5: 0.59mg (5.85%), Vitamin B12: 0.07µg (1.21%)