



Turkey Ragu with Polenta

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 28 ounce canned tomatoes
- ☐ 0.5 cup carrots shredded store-bought finely chopped
- ☐ 2 ribs celery from the heart with leafy greens, finely chopped
- ☐ 4 cups chicken stock see
- ☐ 1 handful flat-leaf parsley chopped
- ☐ 1 bay leaf fresh
- ☐ 2 large cloves garlic finely chopped

- ☐ 2 pounds pd of ground turkey
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 1 cup cooking polenta quick
- ☐ 2 teaspoons poultry seasoning
- ☐ 0.5 cup red wine
- ☐ 2 sprigs rosemary finely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup tomato paste
- ☐ 1 cup milk whole

Equipment

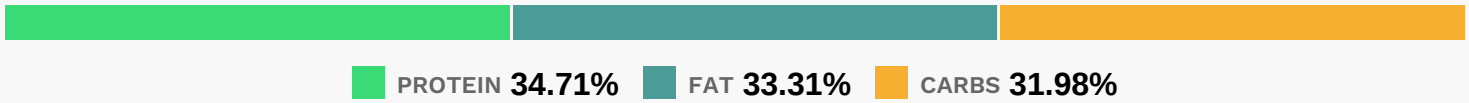
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a heavy deep skillet heat oil and 2 tablespoons butter over medium-high to high heat, add meat, season with poultry seasoning, salt and pepper, brown the meat and crumble, 7 to 8 minutes.
- ☐ Add rosemary, garlic, onions, carrots, celery, bay leaf and cook to soften 7 to 8 minutes more. Stir in tomato paste 1 minute then red wine, stir a minute more, add 1 1/2 to 2 cups stock and tomatoes and break up tomatoes with a spoon. Adjust seasonings, reduce 12 to 15 minutes and serve over polenta.
- ☐ While sauce cooks bring remaining stock and milk up to a boil and whisk in polenta and cook for 2 to 3 minutes.
- ☐ Remove from heat and stir in cheese, a little salt and pepper, 2 tablespoons butter and parsley.

Scoop thickened polenta into shallow bowls and top with liberal amounts of ragu. Pass extra cheese at the table.

Nutrition Facts



Properties

Glycemic Index:112.71, Glycemic Load:7.68, Inflammation Score:-10, Nutrition Score:44.926087047743%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 845.64kcal (42.28%), Fat: 31.04g (47.75%), Saturated Fat: 12.75g (79.71%), Carbohydrates: 67.03g (22.34%), Net Carbohydrates: 60.81g (22.11%), Sugar: 19.95g (22.16%), Cholesterol: 175.02mg (58.34%), Sodium: 1112.02mg (48.35%), Alcohol: 3.18g (100%), Alcohol %: 0.45% (100%), Protein: 72.78g (145.55%), Vitamin B3: 29.62mg (148.11%), Vitamin B6: 2.63mg (131.68%), Selenium: 67.9µg (97%), Phosphorus: 834.02mg (83.4%), Vitamin A: 4133.25IU (82.66%), Potassium: 1976.24mg (56.46%), Vitamin K: 45.49µg (43.32%), Vitamin B2: 0.73mg (43.19%), Magnesium: 155.69mg (38.92%), Zinc: 5.81mg (38.75%), Copper: 0.75mg (37.74%), Iron: 6.55mg (36.38%), Manganese: 0.68mg (34.11%), Vitamin B1: 0.5mg (33.65%), Vitamin C: 27.38mg (33.19%), Vitamin E: 4.93mg (32.87%), Vitamin B5: 3.15mg (31.46%), Calcium: 294.71mg (29.47%), Vitamin B12: 1.61µg (26.83%), Fiber: 6.22g (24.9%), Folate: 72.81µg (18.2%), Vitamin D: 1.62µg (10.8%)