



WHATSheATE



Vegetable Polenta Lasagna



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17 ounce polenta prepared
- ☐ 1 garlic clove minced
- ☐ 1 cup cheese shredded italian
- ☐ 0.5 cup tomatoes jarred
- ☐ 1 onion sliced
- ☐ 1 bell pepper red sliced
- ☐ 3 tablespoons vegetable oil
- ☐ 2 baby squash yellow sliced

☐ 2 zucchini sliced

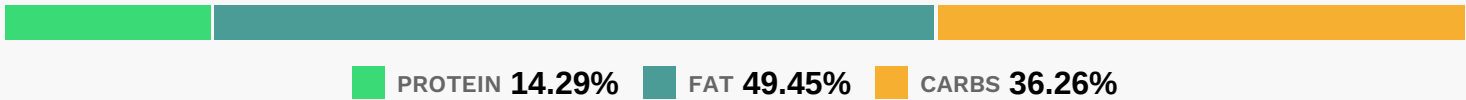
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375F. Warm 3 Tbsp. vegetable oil over medium-high heat.
- ☐ Add 1 sliced onion and 1 sliced red bell pepper; saut until softened, 5 minutes.
- ☐ Add 1 minced garlic clove, 2 sliced zucchini and 2 sliced yellow squash; cook, stirring, until vegetables are tender and begin to brown, 10 minutes. Season with salt and pepper.
- ☐ Mist an 8-inch, square baking dish with cooking spray.
- ☐ Cut a 17-ounce tube of prepared polenta into 18 slices.
- ☐ Spread 1/2 cup jarred marinara sauce in bottom of dish. Top with 9 slices of polenta, then half of vegetable mixture.
- ☐ Sprinkle 1 cup shredded Italian cheese blend over vegetables. Repeat layering, beginning with sauce, followed by polenta, then vegetables and then cheese.
- ☐ Bake until heated through, cheese is melted and sauce bubbles, 35 minutes.
- ☐ Let rest for 10 minutes before serving.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:18.835652185523%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 304.8kcal (15.24%), Fat: 17.39g (26.75%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 24.7g (8.98%), Sugar: 8.53g (9.48%), Cholesterol: 22.12mg (7.37%), Sodium: 335.35mg (14.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Vitamin C: 76.69mg (92.96%), Vitamin A: 1683.33IU (33.67%), Vitamin B6: 0.57mg (28.4%), Vitamin K: 28.99µg (27.61%), Manganese: 0.49mg (24.46%), Vitamin B2: 0.37mg (21.83%), Potassium: 756.01mg (21.6%), Phosphorus: 211.98mg (21.2%), Folate: 76.79µg (19.2%), Calcium: 189.45mg (18.94%), Fiber: 3.99g (15.95%), Magnesium: 57.03mg (14.26%), Vitamin E: 2.06mg (13.76%), Selenium: 8.86µg (12.66%), Zinc: 1.7mg (11.31%), Vitamin B12: 0.64µg (10.64%), Vitamin B1: 0.16mg (10.51%), Copper: 0.18mg (9%), Vitamin B3: 1.79mg (8.96%), Iron: 1.52mg (8.42%), Vitamin B5: 0.71mg (7.13%)