



## Vegetables & Creamy Polenta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 oz canned tomatoes diced undrained canned
- 1 cup cornmeal
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 cups milk fat-free
- 1 onion chopped
- 0.5 cup parmesan cheese divided grated kraft
- 3 cups zucchini and peppers red chopped
- 0.7 oz env. seasons dressing mix italian good

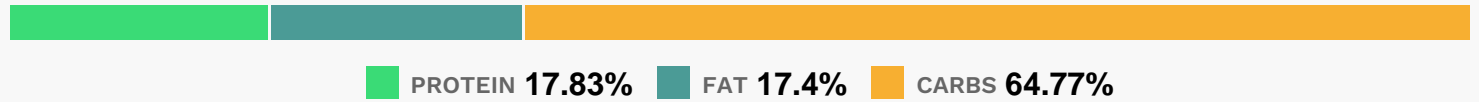
# Equipment

- bowl
- sauce pan
- whisk
- microwave

# Directions

- Whisk cornmeal, milk, broth and 1/4 cup cheese in large microwaveable bowl until blended. Microwave on HIGH 16 min. or until thickened, stirring after 8 min.
- Meanwhile, cook zucchini, peppers, onions, tomatoes and dressing mix in large saucepan on medium heat 10 min. or until peppers and onions are crisp-tender, stirring frequently.
- Spoon vegetable mixture over polenta; sprinkle with remaining cheese.

# Nutrition Facts



# Properties

Glycemic Index:34.69, Glycemic Load:20.18, Inflammation Score:-9, Nutrition Score:24.7852171193%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.31mg, Luteolin: 5.31mg, Luteolin: 5.31mg, Luteolin: 5.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

# Nutrients (% of daily need)

Calories: 331.76kcal (16.59%), Fat: 6.58g (10.12%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 47.02g (17.1%), Sugar: 15.53g (17.26%), Cholesterol: 14.55mg (4.85%), Sodium: 1336.71mg (58.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.33%), Vitamin C: 110.34mg (133.74%), Vitamin B6: 0.83mg (41.66%), Phosphorus: 378.71mg (37.87%), Calcium: 357.57mg (35.76%), Fiber: 8.09g (32.35%), Manganese: 0.6mg (30.23%), Potassium: 994.13mg (28.4%), Magnesium: 98.35mg (24.59%), Vitamin B1: 0.36mg (24.25%), Vitamin B2: 0.41mg (24.07%), Iron: 3.75mg (20.81%), Vitamin A: 1004.23IU (20.08%), Zinc: 2.81mg (18.76%), Vitamin B3: 3.67mg (18.36%), Vitamin B12: 1.08µg (17.96%), Copper: 0.34mg (17.2%), Selenium: 11.73µg (16.76%), Vitamin K:

14.43µg (13.74%), Vitamin E: 1.98mg (13.19%), Folate: 49.98µg (12.5%), Vitamin B5: 1.21mg (12.12%), Vitamin D: 1.41µg (9.4%)