



Braised Kale, Sausage, and Creamy Polenta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 mild chicken sausage fully cooked cut into chunks
- ☐ 4 cups kale
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons mascarpone cheese
- ☐ 1 cup oats
- ☐ 0.5 teaspoon paprika smoked

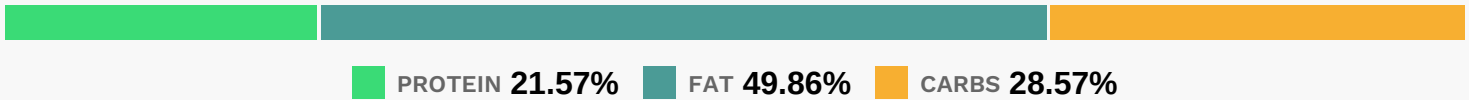
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Coat a large skillet with cooking spray. Cook sausages over medium heat until browned (about 10 minutes).
- ☐ Bring 3 cups water to a boil in a medium saucepan.
- ☐ Add polenta. Cook on low, stirring, until thick (about 5 minutes). Stir in cheese, paprika, and pepper. Season with salt.
- ☐ Add the kale to the sausage. Cook until hot (2–3 minutes).
- ☐ Serve over the creamy polenta.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:7.8, Inflammation Score:-10, Nutrition Score:13.757825944735%

Flavonoids

Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 245.14kcal (12.26%), Fat: 14.11g (21.71%), Saturated Fat: 4.25g (26.53%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 15.27g (5.55%), Sugar: 1.25g (1.39%), Cholesterol: 52.51mg (17.5%), Sodium: 862.04mg (37.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.46%), Vitamin K: 83.16µg (79.2%), Manganese: 1.05mg (52.32%), Vitamin A: 2552.44IU (51.05%), Vitamin C: 20.51mg (24.86%), Magnesium: 62.54mg (15.63%), Fiber: 2.92g (11.67%), Phosphorus: 105.57mg (10.56%), Iron: 1.9mg (10.54%), Selenium: 7.11µg (10.16%), Vitamin B1: 0.13mg (8.95%), Calcium: 75.17mg (7.52%), Vitamin B2: 0.1mg (5.92%), Zinc: 0.74mg (4.97%), Folate: 19.67µg (4.92%), Copper: 0.09mg (4.57%), Potassium: 154.71mg (4.42%), Vitamin B6: 0.06mg (2.86%), Vitamin E: 0.36mg (2.37%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.17mg (1.73%)