



Breakfast Polenta with Chorizo and Queso Fresco

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



563 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3.5 cups cherry tomatoes
- 1 pound chorizo sausage cut fresh
- 1 pound corn kernels yellow frozen thawed
- 1 cup cornmeal yellow (coarse cornmeal)
- 6 ounces queso fresco crumbled
- 0.5 cup cilantro leaves fresh chopped
- 3.3 cups water

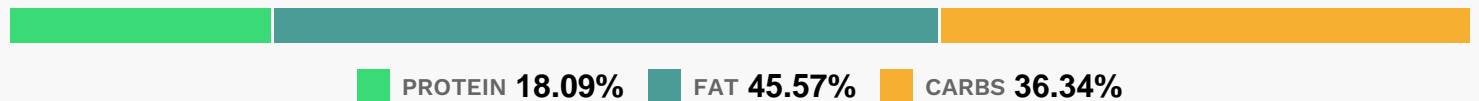
Equipment

- bowl
- frying pan
- oven
- wooden spoon
- glass baking pan

Directions

- Preheat oven to 425°F. Toss cheese and cilantro in small bowl.
- Mix 3 1/4 cups water, polenta, and corn kernels in 13x9x2-inch glass baking dish.
- Sprinkle generously with salt and pepper and stir to blend well.
- Bake until water is absorbed and polenta is tender, stirring once, about 25 minutes.
- Meanwhile, sauté chorizo in heavy large skillet over medium-high heat until browned, breaking into small pieces with side of wooden spoon, about 6 minutes.
- Add cherry tomatoes to skillet. Cover, reduce heat to medium, and simmer until tomatoes soften, about 6 minutes. Uncover; crush some tomatoes with fork. Simmer until tomatoes release juices and sauce thickens slightly, about 10 minutes. Spoon polenta onto plates. Top with chorizo mixture, then cheese mixture.
- Polenta is the Italian name for coarse yellow cornmeal. It is available at some supermarkets, natural foods stores, and Italian markets. If you can't find it, regular cornmeal can be substituted in this recipe.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:17.3, Inflammation Score:-9, Nutrition Score:19.85999988473%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 562.55kcal (28.13%), Fat: 28.85g (44.39%), Saturated Fat: 15.34g (95.86%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 44.79g (16.29%), Sugar: 9.91g (11.01%), Cholesterol: 109.34mg (36.45%), Sodium: 579.42mg (25.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.55%), Vitamin C: 52.65mg (63.82%), Vitamin A: 1737.69IU (34.75%), Phosphorus: 342.78mg (34.28%), Calcium: 290.78mg (29.08%), Fiber: 6.97g (27.89%), Manganese: 0.54mg (26.77%), Iron: 3.74mg (20.77%), Vitamin B6: 0.41mg (20.74%), Magnesium: 81.66mg (20.41%), Zinc: 2.9mg (19.36%), Folate: 76.64µg (19.16%), Potassium: 627.17mg (17.92%), Selenium: 11.94µg (17.06%), Vitamin B1: 0.23mg (15.16%), Vitamin B2: 0.24mg (14.32%), Vitamin B3: 2.84mg (14.22%), Copper: 0.28mg (14.03%), Vitamin B12: 0.71µg (11.91%), Vitamin K: 10.36µg (9.86%), Vitamin B5: 0.97mg (9.71%), Vitamin E: 1.19mg (7.91%), Vitamin D: 1.15µg (7.65%)