



Breakfast Polenta with Warm Berry Compote

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 ounce poached berries frozen assorted
- ☐ 1 tablespoon butter
- ☐ 1 Dash ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 cups milk 1% low-fat
- ☐ 0.5 cup polenta dry instant
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons sugar

Equipment

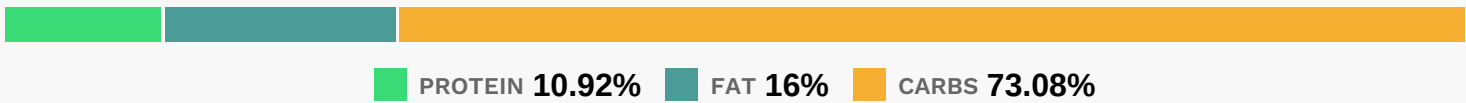
☐ sauce pan

☐ whisk

Directions

- ☐ To prepare compote, melt butter in a medium saucepan over medium heat.
- ☐ Add honey, juice, cinnamon, and berries; bring to a boil. Reduce heat; simmer 5 minutes or until thoroughly heated. Keep warm.
- ☐ To prepare polenta, bring milk to a boil in a medium saucepan. Slowly add polenta, stirring constantly with a whisk. Stir in sugar and salt, and cook 5 minutes or until thick, stirring constantly.
- ☐ Serve with compote.

Nutrition Facts



Properties

Glycemic Index:44.34, Glycemic Load:10.96, Inflammation Score:-5, Nutrition Score:9.6978260641513%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg, Petunidin: 15.44mg Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg, Delphinidin: 18.36mg Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg, Malvidin: 42.23mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 290.74kcal (14.54%), Fat: 5.33g (8.21%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 52.01g (18.91%), Sugar: 35.11g (39.02%), Cholesterol: 16.38mg (5.46%), Sodium: 384.02mg (16.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Calcium: 234.98mg (23.5%), Phosphorus: 208.1mg (20.81%), Vitamin B12: 1.09µg (18.09%), Vitamin B2: 0.3mg (17.42%), Vitamin K: 14.51µg (13.82%), Vitamin D: 1.95µg (12.98%), Fiber: 2.79g (11.16%), Selenium: 7.39µg (10.56%), Potassium: 368.73mg (10.54%), Manganese: 0.21mg (10.46%), Vitamin B1: 0.16mg (10.34%), Vitamin A: 517IU (10.34%), Vitamin B6: 0.19mg (9.58%), Vitamin B5: 0.86mg (8.62%), Magnesium: 31.63mg (7.91%), Zinc: 0.95mg (6.32%), Vitamin B3: 0.91mg (4.54%), Vitamin C: 3.67mg (4.44%), Vitamin E: 0.54mg (3.58%), Folate: 11.67µg (2.92%), Copper: 0.05mg (2.63%), Iron: 0.45mg (2.49%)