



 **18%**
HEALTH SCORE

Cheddar Polenta With Bacon Wrapped Asparagus

 **Gluten Free**

READY IN



45 min.

SERVINGS



1

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 asparagus
- 2 slices bacon raw
- 0.8 cup chicken broth
- 0.3 cup grits
- 0.3 cup extra sharp cheddar cheese
- 1 serving bell pepper
- 1 serving bell pepper

1 serving salt

Equipment

baking sheet

sauce pan

oven

Directions

Preheat the oven to 40

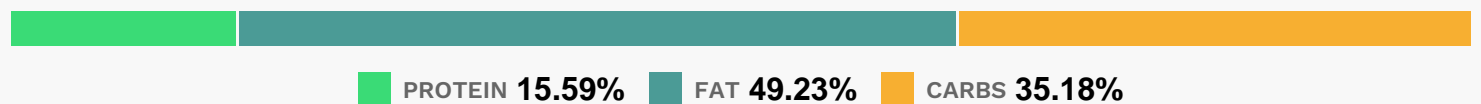
Wrap 6 thick asparagus spears with two slices of raw bacon.

Place on a small baking sheet and spritz the bundle with nonstick cooking spray, just to coat the asparagus lightly.

Sprinkle with salt and pepper. Roast for 15–20 minutes, or until the bacon is crispy and the asparagus is tender. Make the cheddar polenta while the asparagus is roasting: Bring chicken broth to a boil in a small saucepan. Stir in polenta. Lower the heat and cook slowly for 5 minutes, stirring occasionally until the mixture has thickened. Stir in the cheese. I used extra sharp cheddar, but any kind would work.

Add a dash of salt and pepper, or more to taste. Scoop the polenta in a dish and top with the bacon wrapped asparagus.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:29.357391304348%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg, Quercetin: 13.76mg

Nutrients (% of daily need)

Calories: 511.95kcal (25.6%), Fat: 28.47g (43.8%), Saturated Fat: 11.48g (71.77%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 40.01g (14.55%), Sugar: 9.16g (10.18%), Cholesterol: 60.82mg (20.27%), Sodium: 1331.98mg

(57.91%), Protein: 20.28g (40.56%), Vitamin C: 196.1mg (237.69%), Vitamin A: 5777.28IU (115.55%), Vitamin K: 48.03µg (45.74%), Selenium: 26.53µg (37.9%), Vitamin B6: 0.71mg (35.74%), Vitamin B2: 0.54mg (31.87%), Phosphorus: 316.93mg (31.69%), Folate: 126.34µg (31.59%), Vitamin B1: 0.44mg (29.01%), Vitamin E: 3.91mg (26.07%), Vitamin B3: 5.04mg (25.18%), Calcium: 243.35mg (24.33%), Fiber: 5.77g (23.08%), Manganese: 0.45mg (22.46%), Potassium: 702.38mg (20.07%), Iron: 3.44mg (19.09%), Zinc: 2.73mg (18.2%), Copper: 0.29mg (14.52%), Magnesium: 56.53mg (14.13%), Vitamin B5: 1.3mg (13.01%), Vitamin B12: 0.55µg (9.24%), Vitamin D: 0.35µg (2.3%)