



 **13%**
HEALTH SCORE

Dad's Breakfast Polenta

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups chicken stock see
- 1 cup polenta
- 4 pieces bacon diced
- 0.5 bell pepper green
- 5 spring onion sliced
- 4 pieces turkey sausage
- 0.3 cup feta cheese
- 4 servings salt

4 servings bell pepper

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Equipment

frying pan

Directions

Prepare polenta according to package directions. (Be sure to season with some salt and pepper as well!)

Meanwhile, cut bacon into small pieces and brown in a skillet with 1 tablespoon olive oil, on medium-high heat, until brown and crispy.

Remove the bacon and reserve for later.

Depending on your preference, you can either clean the pan and use 1 tablespoon olive oil, or you can cook the remaining veggies with a tablespoon of the bacon fat.)

Add turkey sausage and bell pepper and saut until sausage is browned and cooked through.

Add green onions, bacon, salt and pepper and saut for 5 more minutes.

Add polenta to the meat and vegetables and stir to combine. Slowly stir in feta.

Serve warm.

Nutrition Facts



PROTEIN 14.95% **FAT 33.06%** **CARBS 51.99%**

Properties

Glycemic Index:33.25, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:23.711304347826%

Flavonoids

Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Taste

Sweetness: 63.58%, Saltiness: 100%, Sourness: 12.59%, Bitterness: 20.48%, Savoriness: 71.99%, Fattiness: 91.39%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 376.92kcal (18.85%), Fat: 13.97g (21.49%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 49.42g (16.47%), Net Carbohydrates: 45.01g (16.37%), Sugar: 10.06g (11.18%), Cholesterol: 29.01mg (9.67%), Sodium: 718.84mg (31.25%), Protein: 14.21g (28.41%), Vitamin C: 205.88mg (249.55%), Vitamin A: 5008.7IU (100.17%), Vitamin K: 40.1µg (38.19%), Vitamin B6: 0.75mg (37.34%), Vitamin B3: 5.95mg (29.77%), Vitamin B2: 0.41mg (24.18%), Selenium: 16.79µg (23.98%), Folate: 93.67µg (23.42%), Potassium: 677.31mg (19.35%), Vitamin B1: 0.29mg (19.19%), Phosphorus: 189.93mg (18.99%), Vitamin E: 2.66mg (17.72%), Fiber: 4.41g (17.63%), Manganese: 0.26mg (12.85%), Magnesium: 44.92mg (11.23%), Iron: 1.85mg (10.3%), Zinc: 1.43mg (9.51%), Copper: 0.19mg (9.39%), Vitamin B5: 0.91mg (9.14%), Calcium: 76.54mg (7.65%), Vitamin B12: 0.28µg (4.69%)