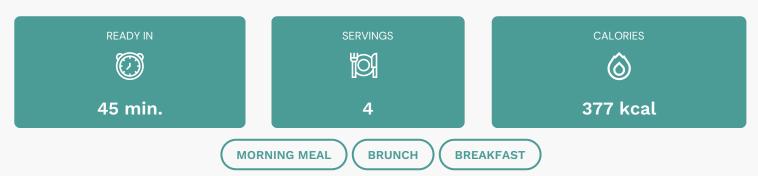




Gluten Free

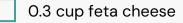


Ingredients

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



4 servings salt

4 servings bell pepper

4 servings bell pepper

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 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: 5008.71U (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%)