



Fried Polenta with White Bean Salsa

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup corn kernels yellow canned rinsed
- 3 servings knudsen cream sour for serving
- 1 Tbsp cilantro leaves fresh chopped
- 1 clove garlic minced
- 2 tsp grapeseed oil
- 1 tsp juice of lime fresh
- 18 oz ready made polenta log sliced in triangles or rounds
- 1 large bell pepper red chopped

- 1 pinch salt to taste
- 0.8 cup beans white canned cooked

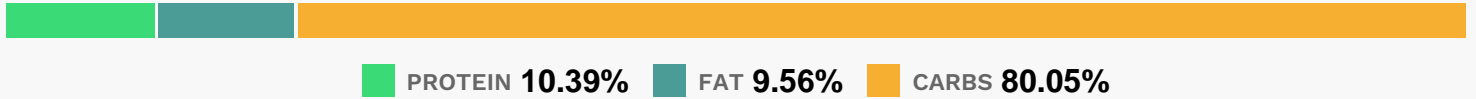
Equipment

- bowl
- frying pan

Directions

- COMBINE bell pepper, corn kernels, cilantro, white beans, garlic and lime juice in a small bowl. Season with salt and cover.
- Let stand to blend flavors; approximately 15 minutes.
- HEAT oil in a medium frying pan over low-medium heat.
- Add polenta slices and fry on both sides until golden.
- ARRANGE polenta on plate and top with bean salsa and dollops of sour cream.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:20.315652283637%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 785.13kcal (39.26%), Fat: 8.34g (12.83%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 157.03g (52.34%), Net Carbohydrates: 149.89g (54.5%), Sugar: 6.39g (7.1%), Cholesterol: 7.08mg (2.36%), Sodium: 135.1mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.75%), Vitamin C: 71.8mg (87.04%), Selenium: 30.6µg (43.72%), Vitamin A: 2184.9IU (43.7%), Fiber: 7.14g (28.57%), Manganese: 0.55mg (27.66%), Vitamin B6: 0.48mg (24.05%), Phosphorus: 215.2mg (21.52%), Vitamin B1: 0.32mg (21.25%), Magnesium: 84.03mg (21.01%), Folate:

83.96µg (20.99%), Iron: 3.45mg (19.17%), Potassium: 645.36mg (18.44%), Vitamin B3: 3.2mg (15.98%), Vitamin E: 2.18mg (14.56%), Vitamin B5: 1.32mg (13.24%), Copper: 0.26mg (13.23%), Vitamin B2: 0.2mg (11.85%), Zinc: 1.56mg (10.42%), Calcium: 55.8mg (5.58%), Vitamin K: 5.11µg (4.86%)