



Italian Sausage and Polenta Bites

READY IN



85 min.

SERVINGS



24

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 0.5 cup cornmeal
- ☐ 0.5 cup heavy cream
- ☐ 1 pound mild sausage links to package directions and coin italian
- ☐ 2 teaspoons olive oil
- ☐ 2 bell peppers diced red
- ☐ 24 servings salt and pepper black freshly ground
- ☐ 24 saltines

☐ 1.5 tablespoons scallions sliced

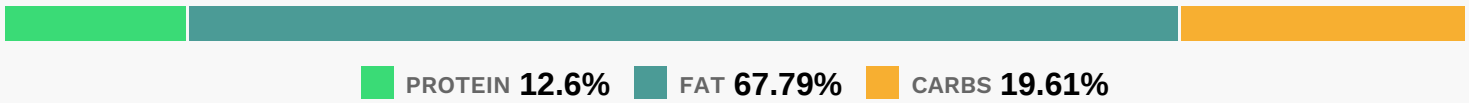
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook sausage with oil in a hot saute pan until done. This may take about 45 minutes.
- ☐ Remove from pan.
- ☐ Let sausage rest 5 to 10 minutes before slicing into about 2 dozen slices. In same pan, gently cook red bell peppers until tender and drain well.
- ☐ While the sausage is cooking, begin the polenta.
- ☐ Combine chicken stock and cream in a large heavy saucepan.
- ☐ Heat to a gentle boil over medium heat, being careful not to burn. While whisking constantly, gradually add the cornmeal in a thin stream. Once cornmeal is incorporated, keep heat low and continue to whisk until mixture is slightly thickened and creamy. Stir in butter and cooked red bell peppers. Season with salt and pepper, if needed.
- ☐ Spoon a small amount of polenta on each saltine cracker and then a slice of sausage. Then add 1/8 teaspoon polenta on top of the sausage slice and garnish with 1 or 2 slices of scallions.

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:4.207391295744%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.19kcal (6.06%), Fat: 9.13g (14.04%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.82g (0.91%), Cholesterol: 21.52mg (7.17%), Sodium: 186.39mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin C: 13.19mg (15.99%), Vitamin B1: 0.15mg (9.9%), Vitamin A: 402.57IU (8.05%), Selenium: 5.59µg (7.98%), Vitamin B6: 0.12mg (5.8%), Vitamin B3: 1.15mg (5.75%), Phosphorus: 45.94mg (4.59%), Vitamin B2: 0.08mg (4.49%), Manganese: 0.08mg (4.09%), Zinc: 0.52mg (3.44%), Iron: 0.57mg (3.19%), Vitamin B12: 0.18µg (3.06%), Folate: 12.19µg (3.05%), Potassium: 101.68mg (2.91%), Fiber: 0.64g (2.55%), Vitamin K: 2.61µg (2.49%), Magnesium: 9.08mg (2.27%), Vitamin E: 0.32mg (2.11%), Copper: 0.04mg (1.83%), Vitamin B5: 0.18mg (1.77%)