



Italian Turkey with Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes undrained chopped canned
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 pound ground turkey breast
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup parmesan cheese fresh shredded
- ☐ 16 ounce polenta

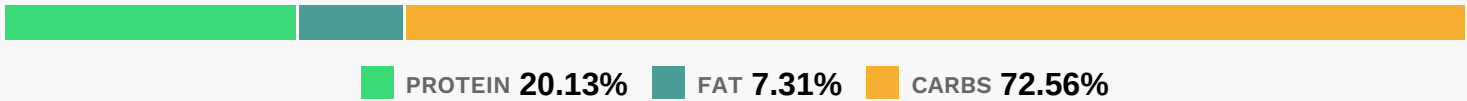
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Coat a medium skillet with cooking spray.
- ☐ Place over medium-high heat until hot.
- ☐ Add turkey and garlic, and cook over medium heat until turkey is browned, stirring until turkey crumbles. Stir in tomatoes, Italian seasoning, and pepper. Bring to a boil; cover, reduce heat, and simmer 10 minutes. Set aside.
- ☐ Preheat broiler.
- ☐ Slice polenta into 12 rounds.
- ☐ Place on a baking sheet coated with cooking spray. Broil 10 minutes on each side or until lightly browned. To serve, top polenta with turkey mixture; sprinkle with cheese.
- ☐ Tip: Polenta is a cornmeal product similar to yellow grits. Precooked polenta comes in a package that looks like a tube of sausage and is usually found in the produce section of the grocery store.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:16.993043495261%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 545.57kcal (27.28%), Fat: 4.43g (6.81%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 98.88g (32.96%), Net Carbohydrates: 94.78g (34.47%), Sugar: 5.49g (6.1%), Cholesterol: 35.43mg (11.81%), Sodium: 270.8mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Selenium: 33.99µg (48.56%), Vitamin B6: 0.84mg (41.77%), Vitamin B3: 8.22mg (41.1%), Phosphorus: 291.14mg (29.11%), Potassium: 651.68mg (18.62%), Magnesium: 72.8mg (18.2%), Manganese: 0.36mg (17.97%), Vitamin B1: 0.27mg (17.84%), Iron: 3.21mg (17.84%), Fiber:

4.1g (16.39%), Copper: 0.32mg (16.02%), Vitamin B5: 1.38mg (13.82%), Zinc: 1.95mg (12.98%), Calcium: 123.64mg (12.36%), Vitamin C: 10.12mg (12.27%), Vitamin A: 594.8IU (11.9%), Vitamin B2: 0.19mg (10.91%), Vitamin E: 1.51mg (10.08%), Vitamin K: 9.3µg (8.86%), Folate: 25.8µg (6.45%), Vitamin B12: 0.36µg (6.07%), Vitamin D: 0.26µg (1.72%)