



Poached Eggs with White Corn Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 2 slices bacon crumbled cooked
- ☐ 1.5 cups corn kernels white frozen thawed
- ☐ 1 cup cornmeal white dry
- ☐ 4 large eggs
- ☐ 0.5 teaspoon olive oil extravirgin
- ☐ 1 tablespoon basil fresh chopped

- ☐ 3 tablespoons parmesan fresh grated
- ☐ 0.3 cup plum tomatoes diced seeded
- ☐ 0.3 cup roasted peppers red chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt divided
- ☐ 4 cups water

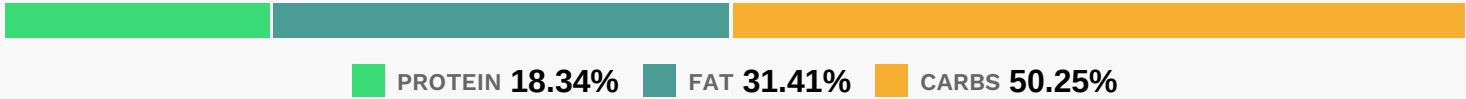
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare salsa, combine bell pepper, basil, oil, 1/8 teaspoon salt, and tomato; set aside.
- ☐ To prepare polenta, bring water to a boil in a medium saucepan.
- ☐ Add corn, cornmeal, and 1/4 teaspoon salt. Cook 2 minutes or until cornmeal mixture returns to a boil, stirring constantly. Reduce heat to low; cook 20 minutes or until thick, stirring frequently. Stir in remaining 1/4 teaspoon salt, Parmesan cheese, butter, and black pepper. Cover and keep warm.
- ☐ To prepare eggs, while polenta cooks, add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Break eggs into each of 4 (6-ounce) custard cups coated with cooking spray.
- ☐ Place custard cups in simmering water in pan. Cover pan; cook 6 minutes.
- ☐ Remove custard cups from water; carefully remove eggs from custard cups.
- ☐ Spoon about 1 cup polenta onto each of 4 plates; top each serving with about 3 tablespoons salsa and 1 poached egg.
- ☐ Sprinkle evenly with bacon.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:14.563043428504%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 323.79kcal (16.19%), Fat: 11.48g (17.66%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 35.54g (12.92%), Sugar: 4.05g (4.5%), Cholesterol: 195.2mg (65.07%), Sodium: 869.92mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Phosphorus: 287.98mg (28.8%), Selenium: 18.65µg (26.64%), Fiber: 5.78g (23.12%), Vitamin B2: 0.37mg (21.63%), Vitamin B5: 2.06mg (20.62%), Manganese: 0.41mg (20.31%), Vitamin B6: 0.4mg (20.1%), Magnesium: 72.96mg (18.24%), Zinc: 2.44mg (16.27%), Folate: 64.46µg (16.12%), Iron: 2.8mg (15.54%), Vitamin B1: 0.2mg (13.36%), Vitamin A: 611.64IU (12.23%), Vitamin B3: 2.38mg (11.92%), Potassium: 416.96mg (11.91%), Vitamin C: 9.2mg (11.15%), Copper: 0.22mg (10.86%), Calcium: 94.88mg (9.49%), Vitamin B12: 0.54µg (8.93%), Vitamin D: 1.03µg (6.9%), Vitamin E: 0.97mg (6.43%), Vitamin K: 4.6µg (4.38%)