



Polenta Fritters with Asparagus & Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 asparagus spears trimmed
- ☐ 1 serving bell pepper black to taste
- ☐ 2 large eggs
- ☐ 2 tablespoons parmesan cheese shredded
- ☐ 6 ounces polenta in tube cut into 4 (1/2-inch-thick) slices

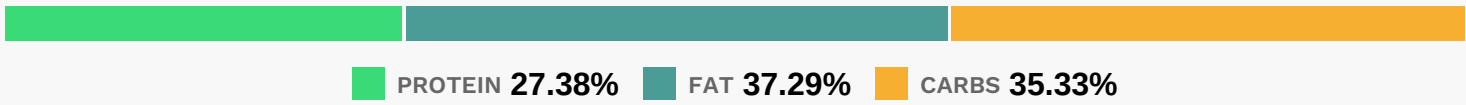
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add polenta and asparagus; cook 8 minutes, turning once.
- ☐ Push polenta and asparagus to side of pan. Recoat pan with cooking spray.
- ☐ Add eggs, and fry until yolks are set, about 3 minutes.
- ☐ Serve eggs on warm polenta with asparagus on the side.
- ☐ Sprinkle with cheese and black pepper.
- ☐ Carb Star: Polenta
- ☐ gram of Resistant Starch per 1/2 cup cooked
- ☐ This soft, creamy grain is made from cooked cornmeal. Naturally high in Resistant Starch, polenta is also rich in fiber and contains a decent amount of protein, too. And it's versatile. It can be cooked into a creamy consistency or baked into crunchy sticks. In fact, you can even use it instead of white bread to make croutons.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:19.16999993117%

Flavonoids

Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 13.42mg, Quercetin: 13.42mg, Quercetin: 13.42mg, Quercetin: 13.42mg

Nutrients (% of daily need)

Calories: 302.01kcal (15.1%), Fat: 12.53g (19.28%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 24.17g (8.79%), Sugar: 2.43g (2.7%), Cholesterol: 378.8mg (126.27%), Sodium: 307.54mg (13.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.43%), Selenium: 39.76µg (56.79%), Vitamin K: 40.57µg (38.64%), Vitamin B2: 0.64mg (37.41%), Phosphorus: 336.19mg (33.62%), Vitamin A: 1397.14IU (27.94%), Folate: 99.34µg (24.83%), Iron: 4.17mg (23.16%), Calcium: 202.99mg (20.3%), Vitamin B5: 1.98mg (19.75%), Vitamin B12: 1.01µg (16.83%), Vitamin B6: 0.3mg (15.12%), Zinc: 2.2mg (14.69%), Vitamin E: 2.19mg (14.61%), Copper: 0.29mg (14.43%), Vitamin B1: 0.21mg (14.01%), Vitamin D: 2.05µg (13.67%), Manganese: 0.23mg (11.25%), Potassium:

378.17mg (10.8%), Fiber: 2.55g (10.21%), Magnesium: 38.52mg (9.63%), Vitamin B3: 1.34mg (6.7%), Vitamin C: 5.38mg (6.52%)