



Polenta Fritters with Asparagus & Eggs

 Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



606 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 asparagus spears trimmed
- ☐ 1 serving pepper black to taste
- ☐ 2 large eggs
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 24 ounces polenta in tube ()

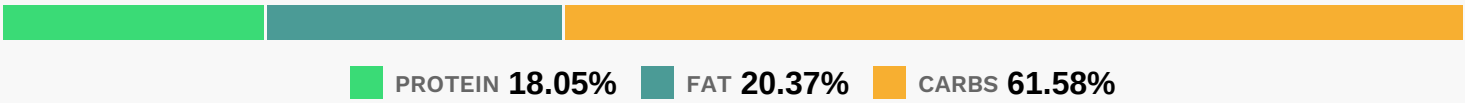
Equipment

- ☐ 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. Coat pan with cooking spray.
- ☐ Add eggs, and fry until yolk is set, about 3 minutes.
- ☐ Serve eggs on warm polenta with asparagus on the side. Top with cheese and black pepper.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:22.856087041938%

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: 605.98kcal (30.3%), Fat: 13.72g (21.11%), Saturated Fat: 4.89g (30.56%), Carbohydrates: 93.31g (31.1%), Net Carbohydrates: 89.23g (32.45%), Sugar: 2.86g (3.18%), Cholesterol: 380.7mg (126.9%), Sodium: 332.55mg (14.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.69%), Selenium: 54.78µg (78.26%), Vitamin B2: 0.67mg (39.29%), Vitamin K: 40.57µg (38.64%), Phosphorus: 386.32mg (38.63%), Vitamin A: 1563.73IU (31.27%), Iron: 4.95mg (27.49%), Folate: 104.34µg (26.09%), Vitamin B5: 2.36mg (23.61%), Vitamin B6: 0.41mg (20.43%), Vitamin B1: 0.3mg (19.72%), Copper: 0.38mg (19.06%), Calcium: 188.29mg (18.83%), Zinc: 2.72mg (18.13%), Vitamin B12: 1.02µg (17.08%), Fiber: 4.08g (16.33%), Manganese: 0.32mg (16.17%), Magnesium: 63.13mg (15.78%), Vitamin E: 2.32mg (15.49%), Potassium: 494.53mg (14.13%), Vitamin D: 2.05µg (13.67%), Vitamin B3: 2.21mg (11.07%), Vitamin C: 5.38mg (6.52%)