

# Polenta Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 slice polenta prepared cut into 4x4-inch piece
- 0.3 cup mushrooms fresh sliced to taste
- 1 bell pepper green thinly sliced
- 3.5 ounce sausage italian hot sliced
- 1 tablespoon olive oil
- 1 onion spanish thinly sliced
- 1 ounce mozzarella cheese shredded

## Equipment

frying pan

## Directions

Heat olive oil on a griddle or large skillet over medium heat; cook and stir onion, green bell pepper, sausage, and mushrooms until sausage is fully cooked and onions are lightly browned, 10 to 15 minutes.

Remove from griddle.

Place polenta on the same hot griddle; cook until warmed through, about 5 minutes per side.

Layer polenta with vegetable-sausage mixture, spaghetti sauce, and mozzarella cheese. Cook on griddle until cheese is melted, 5 to 10 minutes.

## Nutrition Facts

 PROTEIN **14.54%**  FAT **69.93%**  CARBS **15.53%**

## Properties

Glycemic Index:62, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:12.587826067987%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

## Nutrients (% of daily need)

Calories: 331.19kcal (16.56%), Fat: 25.97g (39.95%), Saturated Fat: 8.49g (53.08%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 10.81g (3.93%), Sugar: 4.18g (4.64%), Cholesterol: 48.9mg (16.3%), Sodium: 456.89mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.29%), Vitamin C: 53.15mg (64.43%), Selenium: 16.95µg (24.22%), Vitamin B1: 0.36mg (24.02%), Vitamin B6: 0.37mg (18.62%), Phosphorus: 162.26mg (16.23%), Vitamin B12: 0.78µg (12.99%), Vitamin B3: 2.46mg (12.32%), Vitamin B2: 0.21mg (12.06%), Potassium: 365.56mg (10.44%), Zinc: 1.56mg (10.38%), Calcium: 100.49mg (10.05%), Manganese: 0.19mg (9.39%), Vitamin K: 9.16µg (8.73%), Fiber: 2.16g (8.64%), Vitamin E: 1.27mg (8.49%), Copper: 0.15mg (7.29%), Vitamin A: 326.84IU (6.54%), Iron: 1.12mg (6.2%), Vitamin B5: 0.6mg (6.04%), Magnesium: 23.89mg (5.97%), Folate: 23.72µg (5.93%)