



## Polenta tart with sausage & broccoli

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



818 kcal

### Ingredients

- ☐ 1 l vegetable stock
- ☐ 200 g polenta instant
- ☐ 50 g parmesan grated
- ☐ 140 g thin-stemmed broccoli
- ☐ 200 g ready-grated mozzarella
- ☐ 100 g semi-dried tomato
- ☐ 1 garlic clove chopped
- ☐ 4 pork sausages split italian

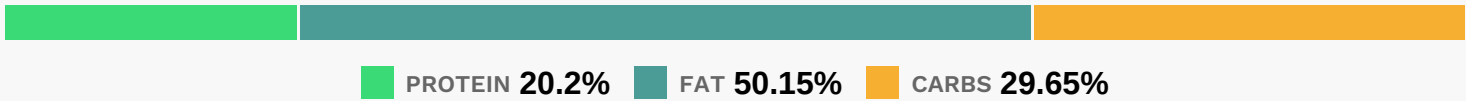
### Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ In a large saucepan, bring the stock to the boil. Slowly pour in the polenta, a little at a time, until completely absorbed. Lower the heat, stir quickly for 5 mins, then remove from the heat altogether. Stir in 1 tbsp of the Parmesan, then spread the polenta out on a large parchment-lined baking sheet, so that its 2–3cm thick.
- ☐ Cook the broccoli in salted water for 2 mins, drain, then rinse under cold water.
- ☐ Sprinkle the mozzarella and remaining Parmesan over the polenta, then top with the tomatoes, garlic, broccoli and sausage.
- ☐ Bake for 20 mins until the sausage is browned and the sides of the polenta crisp.

## Nutrition Facts



## Properties

Glycemic Index:54.75, Glycemic Load:5.62, Inflammation Score:-8, Nutrition Score:29.775217097739%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 817.95kcal (40.9%), Fat: 45.86g (70.55%), Saturated Fat: 18.79g (117.45%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 56.2g (20.44%), Sugar: 13.05g (14.5%), Cholesterol: 129.36mg (43.12%), Sodium: 2264.65mg (98.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.13%), Phosphorus: 566.05mg (56.6%), Vitamin C: 42.04mg (50.96%), Vitamin K: 48.43µg (46.12%), Calcium: 456.98mg (45.7%), Vitamin B3: 8.49mg (42.46%), Potassium: 1369.35mg (39.12%), Vitamin B12: 2.25µg (37.51%), Vitamin B1: 0.55mg (36.93%), Zinc: 5.11mg (34.07%), Vitamin A: 1592.92IU (31.86%), Selenium: 22.17µg (31.67%), Manganese: 0.62mg (31.18%), Vitamin B6: 0.6mg (30.14%), Vitamin B2: 0.5mg (29.7%), Iron: 4.62mg (25.65%), Magnesium: 100.86mg (25.21%), Copper: 0.5mg (24.8%), Fiber: 4.8g (19.2%), Vitamin B5: 1.85mg (18.55%), Folate: 47.08µg (11.77%), Vitamin D: 1.73µg (11.54%),

Vitamin E: 0.61mg (4.09%)