



Polenta with Sausage and Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 garlic clove peeled chopped
- 3 cups fat-skimmed beef broth
- 0.5 pound turkey sausage italian hot
- 2 cups skim milk
- 0.5 teaspoon olive oil
- 0.5 cup parmesan shredded italian shaved
- 1 cup cornmeal yellow
- 4 servings salt and pepper

- 4 mustard greens washed and cut mustard greens (1 lb.; see notes)

Equipment

- bowl
- frying pan

Directions

- In a 3- to 4-quart pan, mix broth, milk, and polenta. Stir over high heat until boiling; reduce heat to low and stir often until polenta is smooth to taste, 12 to 15 minutes. If polenta is thicker than desired, stir in 2 to 4 tablespoons water.
- Meanwhile, pour oil into a 5- to 6-quart nonstick pan over high heat, tilting to coat bottom. When oil is hot, add sausages and break apart with a spoon.
- Add garlic and chili flakes; stir often until meat is browned and crumbled, about 4 minutes.
- Add mustard greens and stir often until wilted, about 2 minutes.
- Spoon polenta equally into 4 bowls. Top equally with sausage-mustard green mixture.
- Sprinkle with cheese and add salt and pepper to taste.

Nutrition Facts



PROTEIN 25.57% **FAT 29.67%** **CARBS 44.76%**

Properties

Glycemic Index:47.69, Glycemic Load:19.53, Inflammation Score:-6, Nutrition Score:18.71347834753%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg 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: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 346.61kcal (17.33%), Fat: 11.43g (17.58%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 34.48g (12.54%), Sugar: 9g (10%), Cholesterol: 42.23mg (14.08%), Sodium: 1668.81mg (72.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Phosphorus: 433.76mg (43.38%), Iron: 7.02mg (38.99%), Selenium: 24.2µg (34.58%), Calcium: 334.79mg (33.48%), Vitamin B6: 0.58mg (28.86%), Vitamin B12: 1.44µg (24.08%), Zinc: 3.39mg (22.6%), Vitamin C: 18.4mg (22.31%), Vitamin B2: 0.38mg (22.09%), Vitamin B3:

4.21mg (21.06%), Magnesium: 79.31mg (19.83%), Fiber: 4.31g (17.24%), Manganese: 0.34mg (17.14%), Vitamin B1: 0.25mg (16.58%), Potassium: 516.74mg (14.76%), Vitamin B5: 1.4mg (13.98%), Copper: 0.2mg (10.21%), Vitamin D: 1.41µg (9.4%), Vitamin A: 459.55IU (9.19%), Folate: 23.24µg (5.81%), Vitamin K: 3.2µg (3.05%), Vitamin E: 0.27mg (1.79%)