



Rustic Skillet Kielbasa and Vegetables over Polenta

 Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parmesan cheese fresh grated
- ☐ 16 ounce polenta cut into 8 pieces
- ☐ 1 bell pepper red cut into thin strips
- ☐ 1 tablespoon sugar
- ☐ 14 ounce turkey kielbasa cut into thin slices
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce low-sodium

☐ 2 baby squash yellow sliced lengthwise

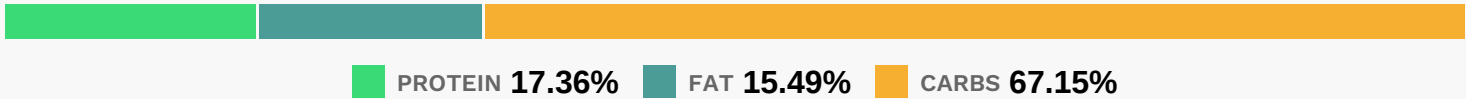
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place polenta slices on a baking sheet coated with cooking spray.
- ☐ Sprinkle evenly with Parmesan cheese.
- ☐ Bake at 450 for 10 minutes or until lightly browned.
- ☐ .While polenta bakes, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage, and cook 5 minutes or until browned, stirring occasionally.
- ☐ Remove sausage from pan; set aside.
- ☐ Add vegetables to pan, and saut 3 to 4 minutes or until crisp-tender.
- ☐ Add sausage, 1/4 cup water, and sugar; cook 4 minutes or until liquid is almost absorbed.
- ☐ Add Worcestershire sauce, and cook, stirring constantly, 30 seconds or until sausage and vegetables are glazed.
- ☐ Serve sausage mixture over polenta rounds.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:3.18, Inflammation Score:-9, Nutrition Score:23.996956674949%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 620.62kcal (31.03%), Fat: 10.64g (16.37%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 103.8g (34.6%), Net Carbohydrates: 99.39g (36.14%), Sugar: 10.74g (11.93%), Cholesterol: 53.44mg (17.81%), Sodium: 1267.04mg (55.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.68%), Vitamin C: 85.46mg (103.58%), Iron: 11.37mg (63.15%), Selenium: 41.85µg (59.79%), Vitamin B6: 0.85mg (42.3%), Phosphorus: 322.54mg (32.25%), Vitamin A: 1526.15IU (30.52%), Vitamin B3: 5.81mg (29.04%), Vitamin B2: 0.39mg (23.04%), Potassium: 705.57mg (20.16%), Zinc: 2.98mg (19.87%), Magnesium: 76.9mg (19.23%), Vitamin B1: 0.28mg (18.96%), Fiber: 4.41g (17.64%), Manganese: 0.33mg (16.27%), Folate: 56.14µg (14.04%), Copper: 0.26mg (13.08%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.44µg (7.36%), Calcium: 59.71mg (5.97%), Vitamin K: 5.6µg (5.33%), Vitamin E: 0.68mg (4.55%), Vitamin D: 0.2µg (1.36%)