



 17%
HEALTH SCORE

Tex-Mex Polenta Rounds with Chunky Guacamole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



269 kcal

SIDE DISH

Ingredients

- 4 avocado
- 12 servings chili powder to taste
- 1 lb monterrey jack cheese
- 0.5 cup bell pepper green chopped
- 1 tube polenta
- 1 c salsa
- 12 servings chipotle chili powder to taste

0.5 onion diced yellow

Equipment

frying pan

Directions

Cut Polenta into 12-24 half inch medallions, depending on size of tubesprinkle with chili powderin a frying pan, heat olive oil and add roundscook rounds for about 5 minutes on each side, or until golden brown

Meanwhile, cut up Avocado, Onion and Pepper

Mix with seasonings

Once medallions are cooked, add toppings as desired and enjoy!

Nutrition Facts

 **PROTEIN 16.26%** **FAT 69.39%** **CARBS 14.35%**

Properties

Glycemic Index:8.67, Glycemic Load:0.67, Inflammation Score:-8, Nutrition Score:14.213043478261%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 269.14kcal (13.46%), Fat: 21.93g (33.74%), Saturated Fat: 8.76g (54.72%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.09g (2.32%), Cholesterol: 33.64mg (11.21%), Sodium: 439.59mg (19.11%), Protein: 11.56g (23.12%), Vitamin A: 1701.74IU (34.03%), Calcium: 310.97mg (31.1%), Fiber: 6.46g (25.82%), Phosphorus: 224.23mg (22.42%), Vitamin E: 3.3mg (21.99%), Vitamin K: 20.63µg (19.65%), Vitamin B6: 0.34mg (17.17%), Vitamin B2: 0.28mg (16.59%), Folate: 64.56µg (16.14%), Vitamin C: 12.47mg (15.12%), Potassium: 507.14mg (14.49%), Zinc: 1.79mg (11.96%), Vitamin B5: 1.1mg (11.01%), Manganese: 0.21mg (10.27%), Magnesium: 39.95mg (9.99%), Copper: 0.2mg (9.97%), Vitamin B3: 1.94mg (9.72%), Selenium: 6.8µg (9.71%), Iron: 1.46mg (8.08%),

Vitamin B12: 0.31µg (5.23%), Vitamin B1: 0.07mg (4.93%), Vitamin D: 0.23µg (1.51%)