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Maple Bacon Polenta ♦

Maple Bacon Polenta is a savory dish made with creamy polenta, crispy bacon, and a touch of maple syrup. It is a comforting and delicious recipe that can be enjoyed for breakfast, brunch, or dinner. The polenta is cooked until smooth and creamy, then topped with crispy bacon and drizzled with maple syrup for a sweet and savory flavor combination. This recipe is perfect for bacon lovers and can be easily customized with additional toppings such as cheese or herbs.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	polenta
100 g	bacon
50 g	maple syrup

5 g Salt

1000 ml water

Directions

Step 1

Boiling

In a large saucepan, bring water to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Gradually whisk in the polenta and salt.

Prep Time: 2 mins

Cook Time: 25 mins

Step 3

Simmering

Reduce heat to low and simmer, stirring occasionally, until the polenta is thick and creamy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Frying

Meanwhile, cook the bacon in a separate skillet until crispy. Remove from heat and let it cool. Once cooled, crumble the bacon into small pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Serve the polenta in bowls, topped with the crumbled bacon and a drizzle of maple syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Snacks

Difficulty Level

Medium

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