



Baked Polenta with Garlic and Parmesan Crostini

READY IN



45 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 baguette
- ☐ 0.5 tablespoon pepper red crushed
- ☐ 1 eggs
- ☐ 1.5 cups milk fat-free
- ☐ 18 garlic cloves peeled
- ☐ 0.8 cup olive oil
- ☐ 1.3 cups parmesan cheese
- ☐ 2 tablespoons parmesan cheese

- ☐ 1 tablespoon parsley chopped
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce polenta crumbled
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon butter unsalted

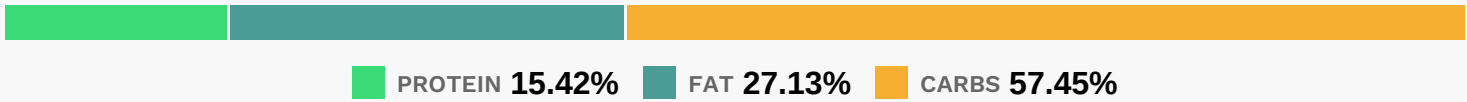
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ ramekin

Directions

- ☐ Preheat oven to 37
- ☐ Place peeled garlic cloves and olive oil in a pot over medium heat; cook until garlic is soft (5-6 minutes).
- ☐ Remove from heat; set aside. Bring milk to a boil; remove from heat.
- ☐ Add polenta to pan; mash until smooth.
- ☐ Add egg, 1 tablespoon chopped parsley, butter, crushed red pepper, salt, and pepper to pan; bring to boil. Reduce heat, and cook until thick (about 5 minutes).
- ☐ Transfer into 6 (6-ounce) ramekins; sprinkle each with 2 tablespoons plus 2 teaspoons Parmesan cheese.
- ☐ Cut 1/4 baguette into 12 slices; drizzle evenly with the garlic oil, and sprinkle each with 1 teaspoon Parmesan.
- ☐ Bake 2-3 minutes. Top each ramekin with 3 garlic cloves.
- ☐ Sprinkle ramekins evenly with a total of 1 tablespoon chopped parsley; serve with 2 crostini.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:5.48, Inflammation Score:-6, Nutrition Score:13.347391315128%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 507.17kcal (25.36%), Fat: 15.19g (23.37%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 72.37g (24.12%), Net Carbohydrates: 70.47g (25.63%), Sugar: 4.42g (4.91%), Cholesterol: 49.43mg (16.48%), Sodium: 571.22mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.84%), Calcium: 384.26mg (38.43%), Selenium: 24.62µg (35.18%), Phosphorus: 318.14mg (31.81%), Vitamin A: 815.46IU (16.31%), Vitamin B2: 0.27mg (15.88%), Vitamin B6: 0.32mg (15.85%), Manganese: 0.31mg (15.54%), Vitamin K: 16.29µg (15.51%), Vitamin B1: 0.23mg (15.02%), Vitamin B12: 0.69µg (11.57%), Magnesium: 45.02mg (11.25%), Zinc: 1.52mg (10.17%), Iron: 1.78mg (9.87%), Vitamin B5: 0.9mg (9.05%), Potassium: 304.12mg (8.69%), Vitamin E: 1.26mg (8.37%), Vitamin B3: 1.67mg (8.35%), Fiber: 1.89g (7.57%), Vitamin D: 0.97µg (6.45%), Copper: 0.12mg (5.96%), Folate: 22.73µg (5.68%), Vitamin C: 3.7mg (4.48%)