



Baked Polenta with Swiss Chard and Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs
- ☐ 2 garlic cloves minced
- ☐ 8 ounces coarsely mozzarella cheese low-fat grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup part-skim ricotta cheese
- ☐ 1 cup polenta yellow (coarse cornmeal)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt

- ☐ 1 pound swiss chard thick
- ☐ 3.5 cups water
- ☐ 1 large onion white thinly sliced

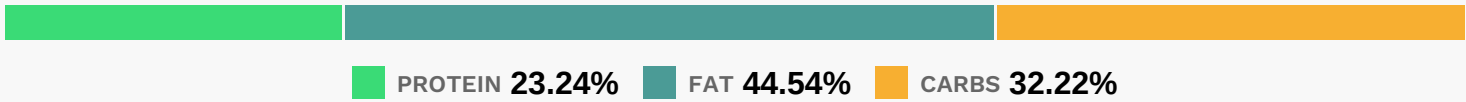
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Lightly oil 2-quart glass baking dish.
- ☐ Heat oil in heavy large deep skillet over medium heat.
- ☐ Add onion; sauté until tender, about 15 minutes. Stir in garlic and crushed red pepper, then chard; cover and cook until chard is tender, stirring occasionally, about 8 minutes. Uncover; stir until any excess liquid in skillet evaporates. Season with salt and pepper.
- ☐ Meanwhile, bring 3 1/2 cups water and salt to boil in heavy large saucepan. Gradually stir polenta into boiling water. Reduce heat to medium-low; simmer until polenta is very thick, stirring frequently, about 10 minutes.
- ☐ Remove from heat.
- ☐ Whisk ricotta and eggs in bowl; whisk in 1 cup hot polenta. Stir ricotta mixture into polenta in saucepan.
- ☐ Spread half of polenta mixture in baking dish.
- ☐ Spread half of chard mixture over.
- ☐ Sprinkle with half of mozzarella. Repeat layering with remaining polenta, chard, and cheese.
- ☐ Bake until puffed and brown on top, about 45 minutes. Cool 30 minutes.
- ☐ Per serving: calories, 259; total fat, 12 g; saturated fat, 5 g; cholesterol, 79 mg

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:20.015217532282%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 259.49kcal (12.97%), Fat: 12.97g (19.95%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 17.98g (6.54%), Sugar: 2.2g (2.45%), Cholesterol: 74.25mg (24.75%), Sodium: 651.38mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.45%), Vitamin K: 473.61µg (451.06%), Vitamin A: 3809.59IU (76.19%), Calcium: 352.32mg (35.23%), Phosphorus: 290.31mg (29.03%), Vitamin C: 18.63mg (22.58%), Selenium: 15.01µg (21.45%), Magnesium: 83.06mg (20.77%), Manganese: 0.38mg (19.14%), Vitamin B2: 0.28mg (16.26%), Zinc: 2.23mg (14.89%), Vitamin B6: 0.25mg (12.69%), Fiber: 3.13g (12.53%), Vitamin E: 1.87mg (12.47%), Iron: 2.12mg (11.76%), Potassium: 390.4mg (11.15%), Copper: 0.2mg (10.16%), Folate: 30.75µg (7.69%), Vitamin B1: 0.11mg (7.28%), Vitamin B12: 0.43µg (7.23%), Vitamin B5: 0.53mg (5.33%), Vitamin B3: 0.82mg (4.08%), Vitamin D: 0.37µg (2.44%)