

# Basic Cheese Polenta

 **Gluten Free**

READY IN



**270 min.**

SERVINGS



**4**

CALORIES



**258 kcal**

**SIDE DISH**

## Ingredients

- 1 cup cornmeal
- 1 cup parmesan cheese grated
- 1 teaspoon salt
- 3 cups water boiling

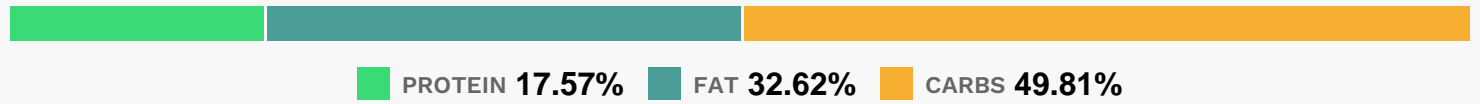
## Equipment

- mixing bowl
- loaf pan

## Directions

- In a mixing bowl combine cornmeal, cold water and salt. Grease a loaf pan.
- Bring the remaining 3 cups of water to a rolling boil and stir in the cornmeal mixture. Bring the mixture back to a boil while stirring constantly. Reduce heat to a simmer and stir in the cheese.
- Let the mixture simmer for 20 to 30 minutes; stirring frequently. Allow the polenta to simmer until it becomes very thick.
- Spread the mixture into the loaf pan and refrigerate at least 4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:17.29, Inflammation Score:-4, Nutrition Score:8.4204348442347%

## Nutrients (% of daily need)

Calories: 257.89kcal (12.89%), Fat: 9.34g (14.37%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 28.34g (10.31%), Sugar: 0.64g (0.71%), Cholesterol: 21.75mg (7.25%), Sodium: 1029.33mg (44.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Phosphorus: 247.94mg (24.79%), Calcium: 229.07mg (22.91%), Selenium: 11.14µg (15.91%), Zinc: 2.33mg (15.56%), Fiber: 3.74g (14.95%), Manganese: 0.28mg (13.88%), Magnesium: 53.07mg (13.27%), Vitamin B6: 0.25mg (12.74%), Vitamin B1: 0.13mg (8.4%), Iron: 1.31mg (7.26%), Vitamin B2: 0.12mg (7.25%), Copper: 0.14mg (6.75%), Vitamin B12: 0.34µg (5.63%), Vitamin B3: 1mg (5.01%), Potassium: 174.12mg (4.97%), Vitamin A: 216.25IU (4.32%), Folate: 15.02µg (3.75%), Vitamin B5: 0.32mg (3.18%), Vitamin E: 0.27mg (1.83%)