



Blue Cheese Polenta with Vegetables

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 ounces gorgonzola cheese crumbled
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 cups milk 1% low-fat
- ☐ 8 ounce pre exotic mushroom blend

- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.7 cup quick-cooking polenta
- ☐ 1 bell pepper red thinly sliced
- ☐ 1.5 cups onion sweet thinly sliced
- ☐ 0.5 cup water

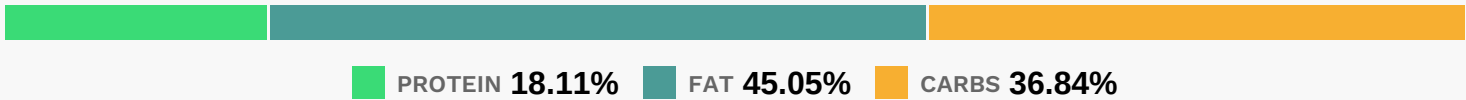
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan, and swirl to coat.
- ☐ Add mushrooms and thyme; saut for 4 minutes or until the mushrooms are tender.
- ☐ Add remaining 1 tablespoon olive oil, onion, bell pepper, garlic, 1/4 teaspoon salt, and 1/8 teaspoon black pepper; saut for 8 minutes or until vegetables are tender.
- ☐ Combine milk, 1/2 cup water, the remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium saucepan; bring to a boil. Stir in polenta; cook 5 minutes, stirring frequently.
- ☐ Remove from heat, and stir in cheese.
- ☐ Serve with vegetables.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:6.59, Inflammation Score:-9, Nutrition Score:24.574782578841%

Flavonoids

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 312.68kcal (15.63%), Fat: 16.17g (24.88%), Saturated Fat: 6.12g (38.28%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 25.67g (9.33%), Sugar: 14.73g (16.37%), Cholesterol: 24.8mg (8.27%), Sodium: 619.64mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Vitamin K: 68.69µg (65.42%), Vitamin C: 46.98mg (56.95%), Manganese: 0.84mg (42.07%), Phosphorus: 417.97mg (41.8%), Calcium: 367.1mg (36.71%), Vitamin A: 1781.63IU (35.63%), Vitamin B2: 0.51mg (30.16%), Vitamin B6: 0.5mg (25.02%), Vitamin B12: 1.34µg (22.32%), Magnesium: 86.31mg (21.58%), Selenium: 15.07µg (21.53%), Vitamin B5: 2.13mg (21.29%), Potassium: 719.4mg (20.55%), Zinc: 2.56mg (17.06%), Fiber: 4.09g (16.37%), Vitamin B3: 3.16mg (15.81%), Vitamin B1: 0.23mg (15.62%), Vitamin D: 2.28µg (15.2%), Folate: 56.34µg (14.09%), Vitamin E: 1.7mg (11.35%), Copper: 0.2mg (9.83%), Iron: 1.6mg (8.86%)