



Braised Celery with Parmesan Polenta

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 celery hearts halved quartered (found near the celery in most markets)
- ☐ 1.5 cups chicken broth
- ☐ 1 clove garlic
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 tablespoon oregano leaves fresh
- ☐ 0.5 cup parmesan freshly grated

- ☐ 0.3 cup parsley
- ☐ 4 servings pickled radishes and green beans
- ☐ 1 cup quick-cooking polenta
- ☐ 2 tablespoons butter unsalted

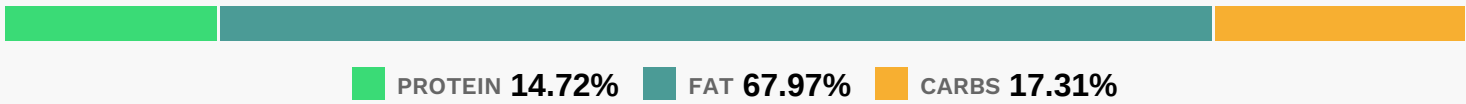
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ In a large skillet, over medium heat, cook the bacon until crispy, 4 to 5 minutes.
- ☐ Remove the bacon, drain on a paper towel, and set aside.
- ☐ Remove all but 1 tablespoon of the grease, then add 1 tablespoon of the butter, the celery hearts, pepper, and 1/4 teaspoon of the salt. Cook for 2 minutes, tossing to coat well.
- ☐ Add the chicken broth, cover, and simmer until the celery is tender, about 20 minutes.
- ☐ Remove from heat. Finely chop parsley, garlic clove, and oregano, add to celery, and toss well. Meanwhile, bring 4 cups of water to a boil. Slowly whisk in the polenta.
- ☐ Add the remaining salt and cook, stirring frequently, for 5 minutes. Stir in 1/2 cup of the Parmesan and the remaining butter and mix well.
- ☐ Divide the polenta among 4 bowls and top each with some celery and bacon. Spoon the cooking liquid on top and sprinkle with the remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:7.98, Inflammation Score:-7, Nutrition Score:14.257391432057%

Flavonoids

Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 367.17kcal (18.36%), Fat: 28g (43.08%), Saturated Fat: 11.75g (73.41%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 13.79g (5.01%), Sugar: 0.86g (0.96%), Cholesterol: 54.35mg (18.12%), Sodium: 1407.51mg (61.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.29%), Vitamin K: 65.5µg (62.38%), Manganese: 0.97mg (48.27%), Selenium: 19.11µg (27.3%), Phosphorus: 252.52mg (25.25%), Calcium: 177.92mg (17.79%), Magnesium: 69.78mg (17.44%), Vitamin B1: 0.26mg (17.36%), Vitamin A: 621.32IU (12.43%), Vitamin B3: 2.24mg (11.21%), Zinc: 1.64mg (10.94%), Vitamin B2: 0.16mg (9.6%), Iron: 1.71mg (9.51%), Fiber: 2.26g (9.02%), Vitamin B6: 0.17mg (8.32%), Vitamin B12: 0.4µg (6.66%), Vitamin C: 5.49mg (6.66%), Potassium: 224.47mg (6.41%), Copper: 0.12mg (6.18%), Vitamin B5: 0.49mg (4.89%), Vitamin E: 0.65mg (4.32%), Folate: 14.77µg (3.69%), Vitamin D: 0.34µg (2.29%)