



Broiled Polenta Sticks

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons olive oil plus additional for brushing
- ☐ 0.3 cup parmigiano-reggiano finely grated
- ☐ 1.5 teaspoons salt
- ☐ 6.5 cups water cold
- ☐ 2 cups cornmeal yellow stone-ground (not)

Equipment

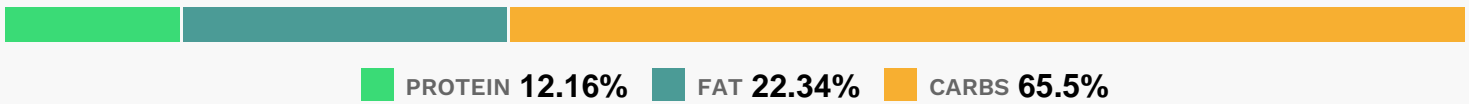
- ☐ baking sheet
- ☐ whisk

- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon
- ☐ broiler
- ☐ spatula

Directions

- ☐ Brush a 13- by 9-inch baking pan with water.
- ☐ Combine 6 1/2 cups cold water with salt and cornmeal in a 5-quart heavy pot and bring to a boil over moderate heat, whisking. Reduce heat to moderately low and cook, stirring constantly with a long-handled wooden spoon, until polenta begins to pull away from side of pot, 20 to 25 minutes.
- ☐ Pour polenta into baking pan, spreading evenly with a dampened heatproof rubber spatula. Cool in pan on a rack until polenta is lukewarm and set, about 20 minutes.
- ☐ Brush a baking sheet with olive oil and invert baking pan with polenta onto sheet to unmold.
- ☐ Preheat broiler.
- ☐ Brush polenta with 2 teaspoons oil and sprinkle with cheese. Broil about 4 inches from heat until pale golden, 5 to 7 minutes. Cool 5 minutes, then cut into 3- by 1 1/2-inch sticks.
- ☐ Polenta can be cooked and unmolded 1 day ahead. Chill on oiled baking sheet, surface covered with lightly oiled parchment (oiled side down), then tightly covered with plastic wrap. Bring to room temperature before brushing with oil, sprinkling with cheese, and broiling.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:23.1, Inflammation Score:-3, Nutrition Score:7.3134782884432%

Nutrients (% of daily need)

Calories: 237.08kcal (11.85%), Fat: 5.88g (9.05%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 33.83g (12.3%), Sugar: 0.87g (0.97%), Cholesterol: 3.78mg (1.26%), Sodium: 685.33mg (29.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Fiber: 4.98g (19.93%), Manganese: 0.34mg (17.12%), Vitamin B6: 0.32mg (15.89%), Phosphorus: 157.81mg (15.78%), Magnesium: 61.73mg (15.43%), Zinc: 1.82mg (12.15%), Vitamin B1: 0.16mg (10.74%), Iron: 1.64mg (9.13%), Copper: 0.17mg (8.57%), Calcium: 77.02mg (7.7%), Vitamin B3: 1.32mg (6.62%), Selenium: 4.43µg (6.33%), Potassium: 175.9mg (5.03%), Folate: 18.41µg (4.6%), Vitamin B2: 0.07mg (3.98%), Vitamin B5: 0.34mg (3.41%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.07µg (1.11%)