

Buttered Polenta



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients



1.3 teaspoons sea salt



1 tablespoon olive oil extra virgin extra-virgin



1 cup polenta (not quick-cooking; 5 ounces)



1.5 tablespoons butter unsalted



5 cups water

Equipment



whisk

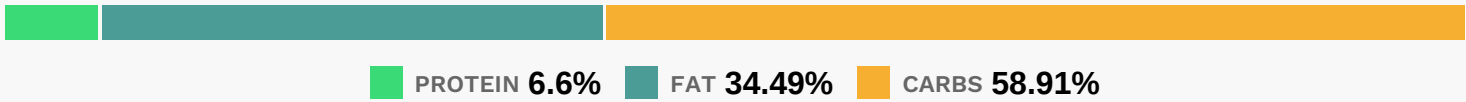


pot

Directions

- ☐ Bring water, oil, and sea salt to a boil in a 4-quart heavy pot, then add polenta in a slow stream, whisking. Cook over moderate heat, whisking, 2 minutes. Reduce heat to low and cook at a bare simmer, uncovered, stirring frequently with a long-handled spoon, 45 minutes.
- ☐ Remove from heat, then add butter and stir until incorporated.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.4052173819231%

Nutrients (% of daily need)

Calories: 216.05kcal (10.8%), Fat: 8.24g (12.67%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 31.01g (11.28%), Sugar: 0.26g (0.29%), Cholesterol: 11.29mg (3.76%), Sodium: 742.54mg (32.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Selenium: 6.81µg (9.73%), Vitamin A: 216.26IU (4.33%), Vitamin E: 0.63mg (4.17%), Copper: 0.08mg (3.93%), Vitamin B1: 0.05mg (3.46%), Magnesium: 13.81mg (3.45%), Phosphorus: 30.28mg (3.03%), Vitamin B6: 0.06mg (2.93%), Fiber: 0.64g (2.54%), Vitamin K: 2.59µg (2.47%), Vitamin B3: 0.48mg (2.4%), Iron: 0.42mg (2.36%), Manganese: 0.04mg (2.21%), Vitamin B5: 0.2mg (1.99%), Potassium: 55.9mg (1.6%), Zinc: 0.2mg (1.33%), Calcium: 11.41mg (1.14%), Vitamin B2: 0.02mg (1.04%)