



Butternut Squash Polenta

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 12 oz butternut squash frozen thawed (sometimes called winter squash;)
- 0.8 cup onion finely chopped (1 medium)
- 0.5 cup parmesan finely grated
- 0.8 cup polenta instant
- 1.3 teaspoons salt
- 5 tablespoons butter unsalted
- 2.5 cups water

2 cups milk whole

Equipment

frying pan

whisk

pot

Directions

Cook onion in 3 tablespoons butter in a 10-inch heavy skillet over moderate heat, stirring, until very soft, about 8 minutes. Stir in squash and cook, stirring occasionally, 2 minutes.

Bring water, milk, salt, and pepper to a boil in a 4-quart heavy pot.

Add polenta in a thin stream, whisking. Cook polenta at a bare simmer, stirring with a long-handled whisk and turning down heat as needed to prevent spattering, 5 minutes.

Stir in squash mixture and cook, stirring, 3 minutes.

Remove from heat, then stir in cheese and remaining 2 tablespoons butter.

Serve immediately.

Nutrition Facts



PROTEIN 11.94% **FAT 47.1%** **CARBS 40.96%**

Properties

Glycemic Index:31, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:16.936956488568%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 408.86kcal (20.44%), Fat: 21.8g (33.54%), Saturated Fat: 13.39g (83.68%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 39.95g (14.53%), Sugar: 9.31g (10.35%), Cholesterol: 60.76mg (20.25%), Sodium: 987.57mg (42.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin A: 9838.33IU (196.77%), Calcium: 356.02mg (35.6%), Phosphorus: 272.9mg (27.29%), Vitamin C: 20.08mg (24.34%), Potassium:

584.53mg (16.7%), Selenium: 10.96µg (15.65%), Magnesium: 62.17mg (15.54%), Vitamin B2: 0.25mg (14.89%), Vitamin B6: 0.3mg (14.87%), Vitamin B1: 0.21mg (14.12%), Vitamin B12: 0.84µg (13.98%), Manganese: 0.27mg (13.4%), Vitamin E: 1.73mg (11.51%), Vitamin D: 1.67µg (11.11%), Fiber: 2.72g (10.88%), Vitamin B5: 1.05mg (10.54%), Vitamin B3: 1.58mg (7.92%), Folate: 31.58µg (7.89%), Zinc: 1.18mg (7.86%), Copper: 0.13mg (6.46%), Iron: 1.08mg (6%), Vitamin K: 3.15µg (3%)