



Buttery Polenta

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2.5 tablespoons butter
- 1 cup polenta dry
- 0.8 teaspoon salt
- 5 cups water

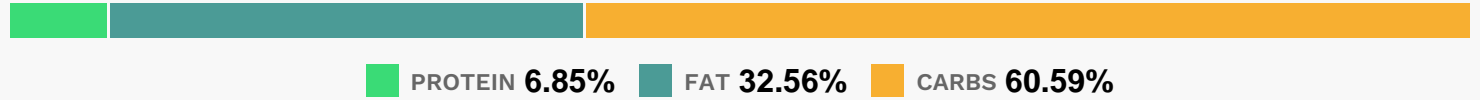
Equipment

- sauce pan
- whisk

Directions

- Combine 5 cups water and salt in a saucepan over medium-high heat; bring to a boil. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low, and simmer 20 minutes or until mixture is thick, stirring often.
- Remove from heat. Stir in butter and pepper.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.5595652169507%

Nutrients (% of daily need)

Calories: 140.35kcal (7.02%), Fat: 5.05g (7.77%), Saturated Fat: 3.04g (19%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 20.71g (7.53%), Sugar: 0.17g (0.19%), Cholesterol: 12.54mg (4.18%), Sodium: 338.33mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Selenium: 4.57µg (6.53%), Vitamin A: 202.94IU (4.06%), Copper: 0.05mg (2.64%), Magnesium: 9.39mg (2.35%), Vitamin B1: 0.03mg (2.32%), Phosphorus: 20.88mg (2.09%), Manganese: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.97%), Fiber: 0.45g (1.78%), Vitamin B3: 0.32mg (1.61%), Iron: 0.28mg (1.54%), Vitamin B5: 0.14mg (1.36%), Potassium: 38.87mg (1.11%)