



## Cheddar Polenta with Sun-dried Tomatoes & Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 oz precooked polenta tube
- 0.5 cup cheddar cheese
- 0.3 cup onion red finely chopped
- 12 large shrimp shelled
- 8 sun-dried olives roughly chopped
- 1 tablespoon olive oil
- 2 teaspoon garlic powder

- 2 servings chives finely chopped (for garnish)
- 1 juice of lemon freshly squeezed
- 2 servings salt and pepper to taste

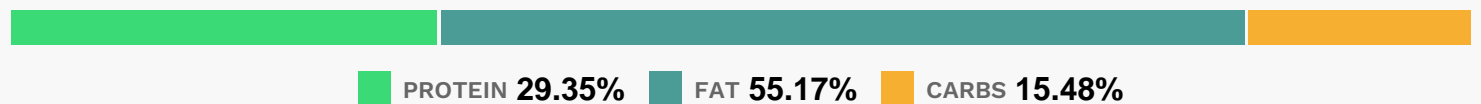
## Equipment

- frying pan

## Directions

- Cook polenta according to the package directions and towards the end add cheddar cheese. Reduce heat and allow cheese to melt slowly then combine them together.
- In a skillet heat oil over medium heat, sautee onion until translucent then add sun-dried tomatoes allowing it to soften for 2-3 minutes.
- Add shrimps to the skillet, cook until it is no longer pink.
- Season it generously with salt, pepper, garlic powder and stir everything together.
- Remove from heat.
- In a plate, put polenta then top it with sun-dried tomatoes & shrimp.
- Drizzle lemon juice.
- Garnish with chives and serve it warm.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:10.348260869565%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Quercetin: 4.16mg, Quercetin: 4.16mg

## Taste

Sweetness: 39.38%, Saltiness: 28.2%, Sourness: 100%, Bitterness: 66.06%, Savoriness: 23.5%, Fattiness: 68.21%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 273.1kcal (13.65%), Fat: 17.24g (26.53%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.21g (3.35%), Sugar: 4.42g (4.91%), Cholesterol: 124.85mg (41.62%), Sodium: 461.52mg (20.07%), Protein: 20.64g (41.28%), Phosphorus: 306.78mg (30.68%), Calcium: 256.05mg (25.6%), Copper: 0.39mg (19.31%), Potassium: 539.05mg (15.4%), Zinc: 2.14mg (14.27%), Selenium: 9.4µg (13.43%), Vitamin C: 11.04mg (13.38%), Magnesium: 50.02mg (12.5%), Manganese: 0.23mg (11.62%), Vitamin B2: 0.18mg (10.41%), Vitamin K: 10.55µg (10.05%), Vitamin E: 1.27mg (8.47%), Vitamin A: 399.28IU (7.99%), Iron: 1.37mg (7.62%), Fiber: 1.68g (6.71%), Vitamin B6: 0.13mg (6.45%), Vitamin B1: 0.08mg (5.19%), Folate: 20.68µg (5.17%), Vitamin B12: 0.3µg (4.99%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.36mg (3.57%), Vitamin D: 0.17µg (1.13%)