

Cheesy Polenta

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 teaspoons kosher salt
- 1 cup cornmeal yellow
- 4 ounces sharp cheddar cheese shredded
- 4 tablespoons butter unsalted
- 2 cups water
- 2 cups milk whole

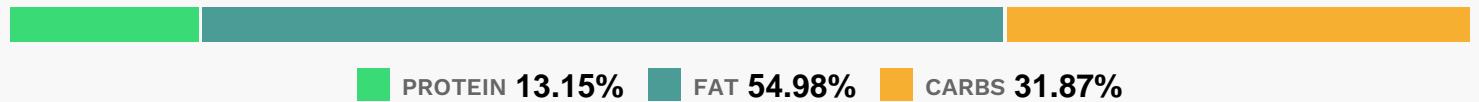
Equipment

- whisk
- pot
- stove

Directions

- In a large pot over medium-high heat, bring milk, water, and salt to a boil. Gradually whisk in polenta. Reduce heat to low, and cover. Cook 20 minutes, until creamy, lifting the lid and stirring every 3 or 4 minutes to prevent sticking.
- Remove pot from stove, stir in pepper and butter. Gradually stir in cheese.
- Serve.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:9.84, Inflammation Score:-4, Nutrition Score:6.4799998946812%

Nutrients (% of daily need)

Calories: 221.26kcal (11.06%), Fat: 13.62g (20.96%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 15.87g (5.77%), Sugar: 3.3g (3.66%), Cholesterol: 36.54mg (12.18%), Sodium: 556.46mg (24.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Calcium: 180.72mg (18.07%), Phosphorus: 173.13mg (17.31%), Vitamin B2: 0.17mg (9.87%), Zinc: 1.4mg (9.34%), Selenium: 6.44µg (9.2%), Magnesium: 33.37mg (8.34%), Vitamin A: 416.46IU (8.33%), Vitamin B6: 0.16mg (8.24%), Vitamin B12: 0.49µg (8.19%), Fiber: 1.9g (7.6%), Manganese: 0.15mg (7.43%), Vitamin B1: 0.1mg (6.56%), Vitamin D: 0.86µg (5.74%), Potassium: 169.84mg (4.85%), Vitamin B5: 0.41mg (4.14%), Iron: 0.63mg (3.52%), Copper: 0.07mg (3.3%), Vitamin B3: 0.57mg (2.83%), Folate: 9.97µg (2.49%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.26µg (1.2%)