



Cheesy Polenta

 Gluten Free

READY IN



22 min.

SERVINGS



10

CALORIES



339 kcal

SIDE DISH

Ingredients

- 10 servings pepper black freshly ground
- 0.3 cup flat-leaf parsley fresh chopped
- 1.5 cups parmesan freshly grated
- 1 tablespoon salt for seasoning
- 10 tablespoons butter unsalted cut into 1/2-inch pieces at room temperature ()
- 9 cups water
- 1.5 cups milk whole at room temperature
- 2.5 cups cornmeal yellow

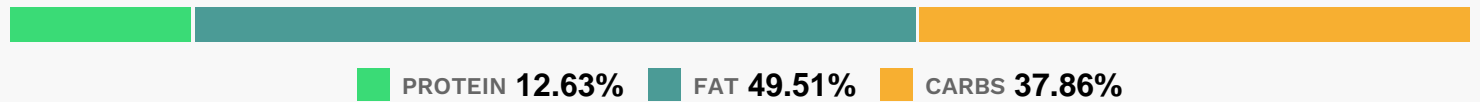
Equipment

- bowl
- whisk
- pot

Directions

- Watch how to make this recipe.
- Bring the water to a boil in a large, heavy pot.
- Add the salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook, stirring often, until the mixture thickens and the cornmeal is tender, 15 to 20 minutes.
- Remove the pot from the heat.
- Add the cheese, milk, butter, and parsley. Stir until the butter and cheese have melted. Season with salt and pepper, to taste.
- Transfer the polenta to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:18.12, Inflammation Score:-6, Nutrition Score:11.873912873475%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 338.67kcal (16.93%), Fat: 18.82g (28.95%), Saturated Fat: 10.78g (67.35%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 27.93g (10.16%), Sugar: 2.59g (2.87%), Cholesterol: 44.69mg (14.9%), Sodium: 269.49mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin K: 43.58µg (41.51%), Calcium: 261.57mg (26.16%), Phosphorus: 237.37mg (23.74%), Fiber: 4.46g (17.82%), Manganese: 0.35mg (17.48%), Magnesium: 61.1mg (15.27%), Vitamin B6: 0.29mg (14.42%), Vitamin A: 720.48IU (14.41%), Zinc: 1.89mg (12.61%), Iron:

1.99mg (11.07%), Vitamin B1: 0.15mg (10.05%), Selenium: 6.67µg (9.53%), Vitamin B2: 0.15mg (8.94%), Copper: 0.15mg (7.57%), Vitamin B12: 0.4µg (6.69%), Potassium: 231.1mg (6.6%), Vitamin B3: 1.16mg (5.81%), Folate: 21.55µg (5.39%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.48mg (4.79%), Vitamin D: 0.69µg (4.58%), Vitamin C: 2.69mg (3.27%)