



WHATSheATE



Cheesy Polenta and Ham Gratin



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 lb precooked polenta tube prepared cut into 1/2-inch slices
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 cup finely-chopped ham cooked (2x)
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup parmesan fresh shredded
- ☐ 1 cup swiss cheese shredded
- ☐ 0.8 cup whipping cream

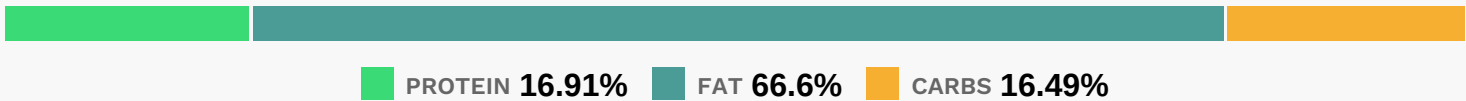
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 425F. Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Melt butter in small saucepan over medium-high heat.
- ☐ Add onion; cook 2 to 3 minutes or until softened but not browned, stirring frequently.
- ☐ Add whipping cream and Parmesan cheese; mix well. Bring to a boil. Reduce heat to medium; cook 2 to 4 minutes or until slightly thickened, stirring occasionally.
- ☐ Arrange polenta slices, overlapping and layering if necessary, in bottom of sprayed baking dish. Top with ham and Swiss cheese.
- ☐ Pour sauce over top.
- ☐ Bake at 425F. for 20 to 25 minutes or until sauce is bubbly and cheese is lightly browned.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:11.713478140209%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 420.79kcal (21.04%), Fat: 31.32g (48.18%), Saturated Fat: 18.52g (115.73%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 16.91g (6.15%), Sugar: 1.9g (2.11%), Cholesterol: 107.93mg (35.98%), Sodium: 514.14mg (22.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.79%), Calcium: 353.37mg (35.34%), Phosphorus: 323.52mg (32.35%), Selenium: 19.61µg (28.02%), Vitamin B12: 1.37µg (22.77%), Vitamin A: 1135.96IU (22.72%), Vitamin K: 18.6µg (17.71%), Vitamin B2: 0.27mg (15.61%), Zinc: 2.2mg (14.66%), Vitamin B1: 0.19mg (12.6%), Vitamin C: 8.92mg (10.81%), Vitamin B6: 0.15mg (7.47%), Magnesium: 27.96mg (6.99%), Vitamin B3: 1.29mg (6.45%), Vitamin B5: 0.61mg (6.13%), Potassium: 191.49mg (5.47%), Vitamin D: 0.75µg (4.97%), Vitamin E: 0.7mg (4.66%), Copper: 0.08mg (3.88%), Iron: 0.64mg (3.53%), Manganese: 0.05mg (2.56%), Folate: 10.16µg (2.54%), Fiber: 0.54g (2.17%)