



Cheesy Polenta-Green Tomato Gratin

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.5 cup spring onion chopped
- 2.5 cups tomatoes green firm chopped (2 large)
- 0.3 teaspoon ground cumin
- 1 jalapeno seeded finely chopped
- 1.8 cups milk 1% low-fat
- 2 ounces monterrey jack cheese shredded

- 1.5 teaspoons olive oil
- 3 ounces queso fresco crumbled
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.8 cup water
- 0.8 cup cornmeal yellow

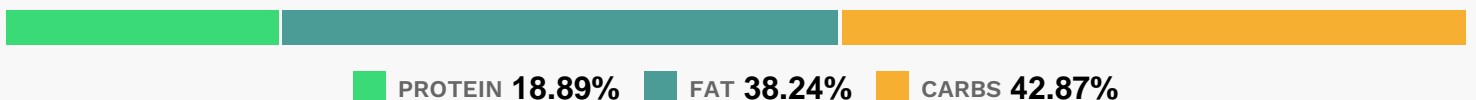
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 42
- To prepare polenta, combine first 3 ingredients in a medium saucepan; bring to a boil. Gradually stir in cornmeal, stirring constantly. Reduce heat, and simmer 5 minutes or until thick, stirring frequently.
- Spread mixture into an 8-inch square baking dish coated with cooking spray.
- To prepare tomatoes, heat oil in a large nonstick skillet over medium-high heat.
- Add tomato and the next 5 ingredients (through garlic); saut 6 minutes or until tomato is tender.
- Remove from heat; stir in chopped cilantro. Spoon tomato mixture over polenta; sprinkle with cheeses.
- Bake at 425 for 20 minutes or until lightly browned.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:8.86, Inflammation Score:-7, Nutrition Score:12.286956579789%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 214.07kcal (10.7%), Fat: 9.26g (14.24%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 20.35g (7.4%), Sugar: 7.4g (8.22%), Cholesterol: 21.63mg (7.21%), Sodium: 494.41mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin C: 22.08mg (26.77%), Calcium: 257.52mg (25.75%), Vitamin K: 26.77µg (25.5%), Phosphorus: 238.08mg (23.81%), Vitamin A: 921.67IU (18.43%), Vitamin B6: 0.26mg (12.96%), Vitamin B2: 0.22mg (12.68%), Vitamin B12: 0.74µg (12.27%), Fiber: 3g (11.99%), Manganese: 0.24mg (11.78%), Magnesium: 45.76mg (11.44%), Zinc: 1.66mg (11.09%), Potassium: 385.43mg (11.01%), Vitamin B1: 0.16mg (10.56%), Selenium: 7.18µg (10.26%), Vitamin B5: 0.83mg (8.3%), Vitamin D: 1.2µg (7.98%), Iron: 1.28mg (7.09%), Copper: 0.14mg (6.97%), Folate: 23.65µg (5.91%), Vitamin B3: 1.04mg (5.19%), Vitamin E: 0.73mg (4.86%)