



Cheesy Soft Polenta With Roasted Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup evaporated milk fat-free
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.3 cups grits instant
- ☐ 2 teaspoons olive oil
- ☐ 2 onions
- ☐ 0.3 teaspoon pepper
- ☐ 1 large bell pepper red cut into 1-inch pieces

- ☐ 0.3 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.8 teaspoon sugar
- ☐ 2 cups water
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.5 pound baby squash yellow
- ☐ 2 tablespoons yogurt-based spread (such as Brummel & Brown)
- ☐ 0.5 pound zucchini

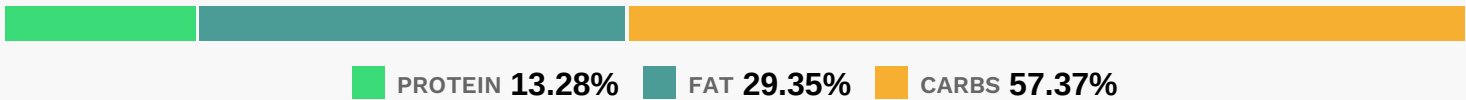
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Cut onions into eighths; separate layers.
- ☐ Cut yellow squash and zucchini in half lengthwise; cut each half into 2-inch pieces.
- ☐ Place onion, squash, zucchini, bell pepper, olive oil, salt, and black pepper in a large bowl; toss well. Arrange vegetable mixture on a large baking sheet; coat vegetables with cooking spray.
- ☐ Bake vegetables at 450, stirring twice, 12 to 14 minutes or until tender.
- ☐ Bring water to a boil in a saucepan over high heat. Stir in grits, and remove from heat. Stir in cheese and remaining ingredients. Cover and keep warm.
- ☐ Spoon grits onto plates, and top with vegetables.

Nutrition Facts



Properties

Glycemic Index:72.77, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:28.968261179717%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.63mg, Quercetin: 11.63mg, Quercetin: 11.63mg

Nutrients (% of daily need)

Calories: 376.27kcal (18.81%), Fat: 12.45g (19.15%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 49.47g (17.99%), Sugar: 10.54g (11.71%), Cholesterol: 27.13mg (9.04%), Sodium: 887.55mg (38.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.33%), Iron: 21.36mg (118.67%), Vitamin C: 76.97mg (93.3%), Vitamin B1: 1.13mg (75.54%), Calcium: 443.76mg (44.38%), Vitamin B2: 0.71mg (41.66%), Folate: 157.56µg (39.39%), Vitamin A: 1807.98IU (36.16%), Vitamin B3: 5.77mg (28.84%), Phosphorus: 273.69mg (27.37%), Vitamin B6: 0.55mg (27.25%), Manganese: 0.46mg (23.04%), Selenium: 16.08µg (22.98%), Fiber: 5.27g (21.09%), Potassium: 651.63mg (18.62%), Magnesium: 66.35mg (16.59%), Zinc: 1.89mg (12.59%), Vitamin E: 1.34mg (8.92%), Vitamin K: 8.49µg (8.09%), Vitamin B5: 0.76mg (7.56%), Copper: 0.14mg (7.09%), Vitamin B12: 0.29µg (4.79%), Vitamin D: 0.15µg (1.02%)