



WHATSheATE



Cherry Tomato Polenta Tartlets with Basil Mayonnaise

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup torn basil leaves fresh packed (lightly) (from 1 large bunch)
- ☐ 24 small cherry tomatoes quartered
- ☐ 1 teaspoon coarse kosher salt
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup parmesan cheese packed grated ()
- ☐ 3 ounces polenta (coarse cornmeal)
- ☐ 1 tablespoon butter unsalted
- ☐ 2.5 cups water

Equipment

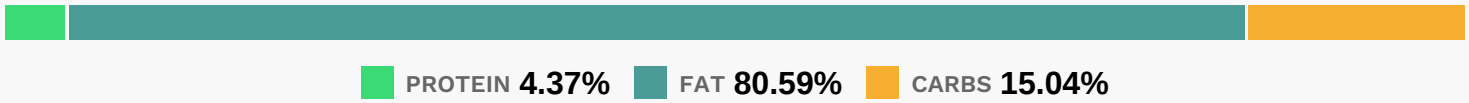
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Combine mayonnaise, basil, and lemon juice in processor. Blend until smooth (some basil bits will remain). Season mayonnaise with salt and pepper.
- ☐ Transfer to small bowl, cover, and refrigerate. (Can be made 2 days ahead. Keep refrigerated.)
- ☐ Rinse 2 mini muffin pans (12 cups per pan) with cold water; shake off excess water.
- ☐ Mix tomatoes, garlic, and oil in medium bowl; sprinkle with salt and pepper.
- ☐ Let stand 15 minutes. Arrange 4 tomato quarters in bottom of each prepared muffin cup.
- ☐ Bring 2 1/2 cups water and salt to boil in heavy large saucepan over medium-high heat. Gradually whisk in polenta. Reduce heat to medium and cook until polenta thickens, whisking almost constantly, about 10 minutes. Reduce heat to low and continue to cook until polenta is tender, whisking often, about 15 minutes longer.
- ☐ Whisk in cheese and butter. Season polenta to taste with pepper.
- ☐ Spoon enough polenta into muffin cups to cover tomatoes and fill cups. Using wet fingertips, press polenta firmly to compact. Cover pans with waxed paper; let stand until polenta is firmly set, at least 30 minutes and up to 2 hours.
- ☐ Cut around each tartlet to loosen. Turn over muffin pans, releasing tartlets. Arrange, tomato side up, on platter. Top each with dollop of basil mayonnaise.
- ☐ Serve, passing remaining mayonnaise.

*Sold at Italian markets, natural foods stores, and some supermarkets. If unavailable, substitute an equal amount of regular yellow cornmeal, and cook mixture for about half the time.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:2.4439130133909%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 96kcal (4.8%), Fat: 8.66g (13.33%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.17g (1.15%), Sugar: 0.55g (0.62%), Cholesterol: 6.38mg (2.13%), Sodium: 183.87mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin K: 19.23µg (18.31%), Vitamin C: 4.33mg (5.25%), Vitamin E: 0.53mg (3.51%), Vitamin A: 155.41IU (3.11%), Manganese: 0.06mg (2.78%), Phosphorus: 24.49mg (2.45%), Vitamin B6: 0.04mg (2.04%), Fiber: 0.47g (1.88%), Calcium: 17.87mg (1.79%), Magnesium: 6.74mg (1.69%), Potassium: 56.92mg (1.63%), Copper: 0.03mg (1.58%), Iron: 0.28mg (1.56%), Selenium: 1.04µg (1.49%), Zinc: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.27%), Folate: 4.62µg (1.16%)