



Chili and Polenta Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 17.5 ounce chili frozen with beans
- ☐ 1.5 teaspoons chili powder
- ☐ 4 ounces colby-jack cheese shredded
- ☐ 1 to 2 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper white
- ☐ 6.6 ounce quick-cooking polenta
- ☐ 1.5 teaspoons salt

- ☐ 6 servings toppings: tomato shredded sour chopped
- ☐ 3.5 cups water

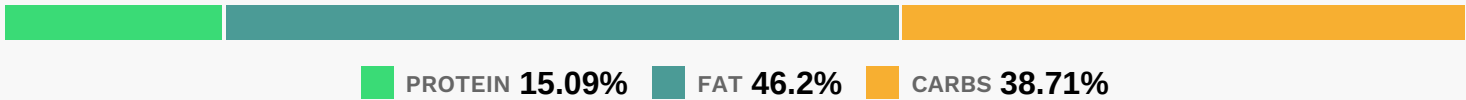
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Thaw chili with beans in microwave at MEDIUM (50% power) 5 to 6 minutes; set aside.
- ☐ Bring 3 1/2 cups water to a boil in a large saucepan over medium-high heat. Gradually stir in polenta. Reduce heat, and cook, stirring constantly, 3 minutes or until thickened. Stir in butter and next 5 ingredients.
- ☐ Press half of mixture into a lightly greased 11- x 7-inch baking dish; top evenly with chili with beans, and spread with remaining polenta mixture.
- ☐ Bake at 375 for 25 minutes.
- ☐ Sprinkle with Colby-Jack cheese, and bake 5 more minutes.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used STOUFFER'S Chili with Beans.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:13.81, Inflammation Score:-9, Nutrition Score:23.65478267877%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 387.7kcal (19.38%), Fat: 20.91g (32.17%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 30.42g (11.06%), Sugar: 6.31g (7.01%), Cholesterol: 32.01mg (10.67%), Sodium: 1242.31mg (54.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.73%), Manganese: 1.7mg (85.07%), Vitamin A: 2458.88IU (49.18%), Phosphorus: 406.96mg (40.7%), Magnesium: 150.65mg (37.66%), Fiber: 9.01g (36.04%), Vitamin C: 26.32mg (31.9%), Iron: 5.37mg (29.82%), Potassium: 888.96mg (25.4%), Zinc: 3.61mg (24.04%), Calcium: 215.97mg (21.6%), Selenium: 14.62µg (20.89%), Vitamin B1: 0.28mg (18.93%), Copper: 0.36mg (18.06%), Vitamin K: 17.86µg (17.01%), Vitamin B5: 1.61mg (16.11%), Vitamin B6: 0.32mg (15.96%), Folate: 59.72µg (14.93%), Vitamin E: 2.17mg (14.49%), Vitamin B2: 0.24mg (14.11%), Vitamin B3: 1.73mg (8.63%), Vitamin B12: 0.17µg (2.77%)