



Coconut-Crusted Polenta Cakes with Triple Berry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 2 large eggs lightly beaten
- 1.5 teaspoons lemon zest grated
- 3.8 cups milk
- 0.5 teaspoon salt
- 1.5 cups polenta white stone-ground uncooked
- 0.8 cup sugar

- 0.5 cup coconut sweetened flaked
- 0.7 cup coconut sweetened flaked
- 2 teaspoons vanilla extract
- 8 servings roasted cranberry sauce

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- ramekin

Directions

- Prepare Triple Berry Sauce, and chill.
- While sauce is chilling, preheat oven to 350
- Toast 2/3 cup coconut in a shallow pan at 350 for 5 to 7 minutes, stirring after 3 minutes; set aside.
- Heat milk in a heavy saucepan over medium heat until milk almost comes to a boil. (Watch closely, as the milk mixture can boil out of the pan quickly.) Gradually whisk in polenta and salt. Reduce heat, and simmer, stirring constantly, 10 to 12 minutes, or until very thick.
- Remove from heat, and stir in sugar, butter, vanilla, lemon rind, and 2/3 cup toasted coconut; stir in eggs. Divide polenta mixture among 8 (6- to 8-ounce) ramekins coated with cooking spray.
- Sprinkle each with 1 tablespoon coconut.
- Place ramekins on a baking sheet, and bake at 350 for 20 to 23 minutes or until set.
- Serve warm or at room temperature. Polenta cakes may be removed from ramekins to serve, if desired. To remove cakes, run a knife around inside edge of ramekin to release polenta cake.
- Place polenta cakes, coconut side up, on dessert dishes; serve with Triple Berry Sauce.

Nutrition Facts

PROTEIN 7.83% FAT 20.11% CARBS 72.06%

Properties

Glycemic Index:19.76, Glycemic Load:15.12, Inflammation Score:-3, Nutrition Score:8.1295653063318%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 452.72kcal (22.64%), Fat: 10.26g (15.79%), Saturated Fat: 6.74g (42.14%), Carbohydrates: 82.73g (27.58%), Net Carbohydrates: 80.21g (29.17%), Sugar: 51.42g (57.13%), Cholesterol: 63.99mg (21.33%), Sodium: 257.23mg (11.18%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 8.99g (17.98%), Selenium: 13.49µg (19.27%), Phosphorus: 177.75mg (17.78%), Calcium: 153.05mg (15.31%), Vitamin B2: 0.25mg (14.64%), Vitamin B12: 0.73µg (12.2%), Manganese: 0.2mg (10.2%), Fiber: 2.51g (10.06%), Vitamin D: 1.51µg (10.05%), Potassium: 296.91mg (8.48%), Vitamin B1: 0.12mg (8.04%), Vitamin B5: 0.78mg (7.84%), Magnesium: 31.21mg (7.8%), Vitamin A: 389.91IU (7.8%), Vitamin B6: 0.15mg (7.47%), Vitamin E: 0.88mg (5.87%), Zinc: 0.87mg (5.78%), Iron: 1.01mg (5.59%), Copper: 0.09mg (4.49%), Vitamin B3: 0.65mg (3.25%), Folate: 8.54µg (2.13%), Vitamin K: 1.57µg (1.5%), Vitamin C: 1.18mg (1.43%)