



Crab Polenta

READY IN



45 min.

SERVINGS



26

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup asiago cheese
- ☐ 0.3 cup butter
- ☐ 12 ounce crab meat drained canned
- ☐ 2 cups chicken broth
- ☐ 0.5 cup flour all-purpose
- ☐ 26 servings horseradish cream
- ☐ 2 tablespoons old bay seasoning
- ☐ 2 cups whipping cream
- ☐ 1 cup cornmeal yellow

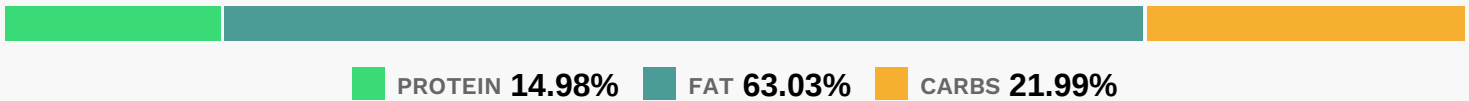
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring first 3 ingredients to a boil in a saucepan over medium-high heat. Gradually whisk in cornmeal and flour; cook mixture, whisking constantly, 10 to 12 minutes.
- ☐ Remove from heat, and stir in crabmeat and Asiago cheese.
- ☐ Pour mixture into a greased 9-inch loafpan, and chill 8 hours.
- ☐ Unmold and cut polenta into 1/2-inch slices.
- ☐ Cut each slice into 2 triangles.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat; cook half of polenta triangles in melted butter until lightly browned, turning triangles once. Repeat procedure with remaining 2 tablespoons butter and polenta triangles.
- ☐ Serve polenta with Horseradish Cream.
- ☐ *Note: Mild Cheddar or Edam cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:4.7934782712356%

Nutrients (% of daily need)

Calories: 140.54kcal (7.03%), Fat: 9.94g (15.28%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.96g (2.53%), Sugar: 1.15g (1.28%), Cholesterol: 36.36mg (12.12%), Sodium: 249.25mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Selenium: 8.44µg (12.06%), Phosphorus: 87.59mg (8.76%), Vitamin B12: 0.52µg (8.62%), Calcium: 77.5mg (7.75%), Vitamin A: 386.06IU (7.72%), Copper: 0.14mg (6.81%), Zinc: 0.92mg (6.12%), Vitamin B2: 0.09mg (5.3%), Manganese: 0.1mg (5.1%), Folate: 17.45µg (4.36%), Magnesium: 17.04mg (4.26%), Vitamin B6: 0.08mg (3.77%), Vitamin B3: 0.74mg (3.72%), Vitamin E: 0.52mg

(3.47%), Vitamin B1: 0.05mg (3.37%), Fiber: 0.84g (3.36%), Vitamin K: 3.25µg (3.1%), Iron: 0.55mg (3.07%), Potassium: 95.66mg (2.73%), Vitamin B5: 0.25mg (2.5%), Vitamin C: 1.83mg (2.22%), Vitamin D: 0.31µg (2.08%)