



Creamy Breakfast Polenta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 tablespoons garnish: blackberry jam (see notes)
- ☐ 6 servings lightly whipped crème fraîche sweetened (optional; see notes)
- ☐ 3 cups milk 2% low-fat ()
- ☐ 1 cup polenta
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

Equipment

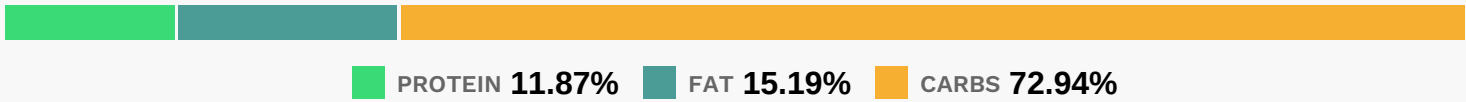
- ☐ bowl

- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 2 1/2- to 3-quart pan over high heat, bring 3 cups water and the milk to a boil. Reduce heat so liquid is barely boiling.Stirring constantly, pour in polenta in a thin, steady stream, pausing occasionally to break up any lumps. Stir in sugar and salt.
- ☐ Simmer, stirring often, until polenta is soft and creamy to bite, 20 to 40 minutes (if heat is too high, bubbles may "spit" globs of hot polenta out of the pan).
- ☐ Ladle polenta into bowls and top each serving with about 1 tablespoon blackberry jam and a dollop of crme frache.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:7.76, Inflammation Score:-3, Nutrition Score:5.8130434466445%

Nutrients (% of daily need)

Calories: 225.28kcal (11.26%), Fat: 3.79g (5.83%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 40.37g (14.68%), Sugar: 16.89g (18.77%), Cholesterol: 12.98mg (4.33%), Sodium: 248.1mg (10.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Calcium: 164.16mg (16.42%), Phosphorus: 152.54mg (15.25%), Vitamin B12: 0.75µg (12.42%), Vitamin B2: 0.21mg (12.17%), Selenium: 7.72µg (11.03%), Vitamin D: 1.3µg (8.65%), Vitamin A: 362.75IU (7.26%), Potassium: 249.31mg (7.12%), Vitamin B1: 0.11mg (7.08%), Vitamin B5: 0.6mg (5.97%), Vitamin B6: 0.12mg (5.87%), Magnesium: 23.05mg (5.76%), Zinc: 0.66mg (4.43%), Vitamin B3: 0.47mg (2.34%), Fiber: 0.57g (2.28%), Manganese: 0.04mg (1.95%), Iron: 0.34mg (1.9%), Copper: 0.04mg (1.85%), Vitamin C: 1.28mg (1.55%), Folate: 5.87µg (1.47%)