



Creamy Corn Polenta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



581 kcal

SIDE DISH

Ingredients

- 0.5 cup chicken stock see
- 2 cloves garlic fresh peeled smashed
- 1 cup heavy cream
- 4 servings kosher salt and pepper black freshly ground
- 2 cups milk
- 0.3 cup parmigiano-reggiano freshly grated
- 1.5 cups polenta yellow
- 4 thyme sprigs fresh

1.5 tablespoons butter unsalted

Equipment

whisk

pot

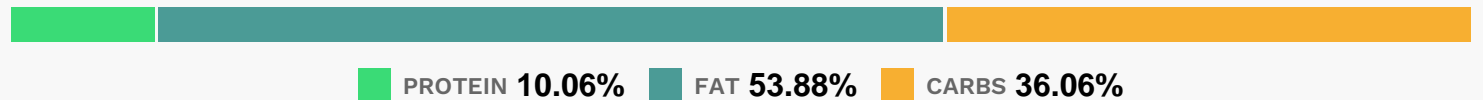
kitchen timer

Directions

In a large pot add milk and cream along with thyme and garlic. Bring to a simmer then shut off the heat to let the milk and cream steep.

Let it steep for at least 30 minutes. Once steeped, strain the milk mixture and discard the thyme and garlic. Bring the milk and cream mixture back up to a simmer and gradually pour in the cornmeal in a slow, steady stream, whisking constantly. Once the milk is completely absorbed, lower the heat and set a timer for 20 minutes. Continue cooking, whisking often, until the timer goes off, add chicken stock if the mixture is too thick (it should be like creamy mashed potatoes). Once the timer goes off the polenta should be thick and smooth. Finish with butter, grated Parmigiano and salt and pepper.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:28.35, Inflammation Score:-9, Nutrition Score:15.626521784326%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 580.9kcal (29.04%), Fat: 35.15g (54.08%), Saturated Fat: 20.4g (127.51%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 47.12g (17.13%), Sugar: 9.08g (10.09%), Cholesterol: 98.31mg (32.77%), Sodium: 208.78mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Phosphorus: 348.13mg (34.81%), Calcium: 276.28mg (27.63%), Vitamin A: 1301.39IU (26.03%), Vitamin B6: 0.49mg (24.68%), Fiber: 5.8g (23.21%), Vitamin B2: 0.39mg (22.96%), Manganese: 0.44mg (22.21%), Magnesium: 88.8mg (22.2%), Vitamin B1:

0.28mg (18.39%), Zinc: 2.75mg (18.31%), Vitamin D: 2.4µg (16.03%), Selenium: 10.02µg (14.31%), Vitamin B12: 0.84µg (13.97%), Potassium: 483.46mg (13.81%), Iron: 2.17mg (12.04%), Vitamin B3: 2.16mg (10.81%), Vitamin B5: 1.01mg (10.1%), Copper: 0.18mg (9.12%), Vitamin E: 0.98mg (6.51%), Folate: 25.26µg (6.31%), Vitamin C: 2.49mg (3.01%), Vitamin K: 3.11µg (2.96%)