

# Creamy Corn Polenta

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

## Ingredients

- 1 cup corn kernels frozen thawed
- 1 cup regular cornmeal italian ( cornmeal)
- 6 servings kosher salt
- 2.5 cups low-salt chicken broth organic (preferably )
- 2 tablespoons butter unsalted

## Equipment

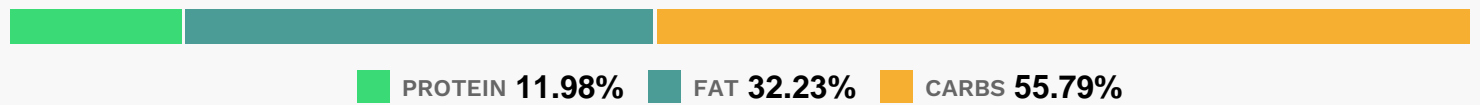
- sauce pan
- whisk

spatula

## Directions

Bring the broth, 2 1/2 cups water, butter and 1 teaspoon salt to a boil in a heavy, large saucepan over high heat. Gradually whisk in the polenta. Continue to whisk until the polenta begins to thicken, 2 to 3 minutes. Reduce the heat to low. Cover and cook until the polenta is very thick and tender, stirring often with a flat-bottom spoon or heatproof rubber spatula to prevent sticking or burning, about 20 minutes. Blend the corn in a mini processor until a coarse puree forms. Stir the corn puree into the polenta. Season with more salt if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.42, Glycemic Load:11.53, Inflammation Score:-2, Nutrition Score:4.9795651785705%

## Nutrients (% of daily need)

Calories: 169.27kcal (8.46%), Fat: 6.27g (9.64%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 21.37g (7.77%), Sugar: 1.76g (1.95%), Cholesterol: 10.03mg (3.34%), Sodium: 280.9mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.49%), Fiber: 3.04g (12.15%), Vitamin B3: 2.28mg (11.39%), Phosphorus: 102.82mg (10.28%), Manganese: 0.2mg (10.09%), Vitamin B6: 0.18mg (8.82%), Magnesium: 32.99mg (8.25%), Zinc: 1.01mg (6.75%), Copper: 0.12mg (6.21%), Vitamin B1: 0.09mg (5.99%), Iron: 1.08mg (5.97%), Potassium: 207.14mg (5.92%), Folate: 19.26µg (4.82%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.26mg (2.6%), Vitamin A: 128.92IU (2.58%), Selenium: 1.8µg (2.57%), Vitamin B12: 0.11µg (1.77%), Vitamin E: 0.23mg (1.54%)