



Creamy Parmesan Polenta

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups cherry tomatoes
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 4 servings parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 16 ounce polenta cut into 1/2-inch dice
- ☐ 2 ounces pancetta very thin

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine polenta and broth in a medium saucepan over medium heat; cook 5 minutes or until smooth and hot, stirring with a whisk.
- ☐ Remove from heat; stir in cheese and pepper.
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add tomato, prosciutto, and garlic; cook over medium-high heat 2 minutes.
- ☐ Add wine; cover and cook 2 minutes. Uncover; cook 1 minute or until most of liquid has evaporated.
- ☐ Spoon 3/4 cup polenta into each of 4 bowls; top with 1/2 cup tomato mixture.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:15.91173911613%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol:

0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 565.07kcal (28.25%), Fat: 11.08g (17.05%), Saturated Fat: 3.53g (22.03%), Carbohydrates: 96.7g (32.23%), Net Carbohydrates: 93.9g (34.14%), Sugar: 3.85g (4.28%), Cholesterol: 14.17mg (4.72%), Sodium: 456.35mg (19.84%), Alcohol: 1.54g (100%), Alcohol %: 0.6% (100%), Protein: 15.96g (31.91%), Vitamin K: 70.7µg (67.33%), Vitamin C: 31.5mg (38.18%), Selenium: 25.87µg (36.96%), Vitamin A: 1187.57IU (23.75%), Phosphorus: 198.57mg (19.86%), Vitamin B6: 0.35mg (17.32%), Manganese: 0.32mg (16.21%), Vitamin B1: 0.24mg (16.16%), Vitamin B3: 2.95mg (14.74%), Potassium: 494.1mg (14.12%), Iron: 2.44mg (13.55%), Magnesium: 50.34mg (12.58%), Calcium: 112.97mg (11.3%), Fiber: 2.81g (11.23%), Copper: 0.2mg (10.14%), Vitamin B5: 0.91mg (9.11%), Vitamin B2: 0.13mg (7.4%), Zinc: 1.08mg (7.22%), Folate: 27.58µg (6.89%), Vitamin E: 1.02mg (6.82%), Vitamin B12: 0.27µg (4.49%)