



Creamy Parmesan Polenta

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 cups chicken stock see [homemade](#)
- ☐ 0.3 cup crème fraîche
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup parmesan cheese freshly grated for serving
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup cornmeal yellow stone-ground

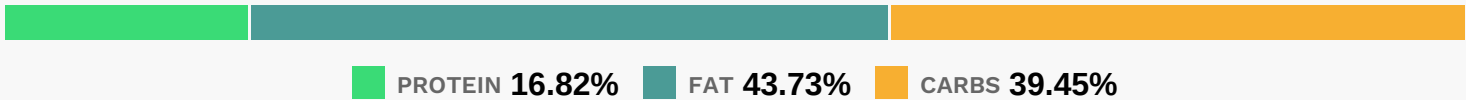
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the chicken stock in a large saucepan.
- ☐ Add the garlic and cook over medium-high heat until the stock comes to a boil. Reduce the heat to medium-low and very slowly whisk in the cornmeal, whisking constantly to make sure there are no lumps. Switch to a wooden spoon, add the salt and pepper, and simmer, stirring almost constantly, for 10 minutes, until thick. Be sure to scrape the bottom of the pan thoroughly while you're stirring. Off the heat, stir in the Parmesan, creme fraiche, and butter. Taste for seasonings and serve hot with extra Parmesan cheese to sprinkle on top.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:11.66, Inflammation Score:-4, Nutrition Score:8.8234782737234%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 284.29kcal (14.21%), Fat: 13.81g (21.24%), Saturated Fat: 6.74g (42.15%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 25.43g (9.25%), Sugar: 3.29g (3.66%), Cholesterol: 34.99mg (11.66%), Sodium: 1687.99mg (73.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.89%), Phosphorus: 218.95mg (21.9%), Calcium: 168.53mg (16.85%), Selenium: 11.51µg (16.44%), Vitamin B3: 3.22mg (16.09%), Vitamin B6: 0.28mg (14.24%), Vitamin B2: 0.24mg (13.97%), Manganese: 0.25mg (12.38%), Zinc: 1.82mg (12.14%), Magnesium: 42.49mg (10.62%), Fiber: 2.6g (10.39%), Vitamin B1: 0.14mg (9.63%), Potassium: 305.78mg (8.74%), Copper: 0.17mg (8.4%), Iron: 1.27mg (7.06%), Vitamin A: 327.2IU (6.54%), Folate: 18.81µg (4.7%), Vitamin B12: 0.25µg (4.22%), Vitamin B5: 0.26mg

(2.6%), Vitamin E: 0.38mg (2.53%), Vitamin K: 1.69µg (1.61%), Vitamin D: 0.15µg (1.02%)