



Creamy Parmesan Polenta

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup parmesan grated
- ☐ 0.8 cup polenta instant
- ☐ 1 tablespoon butter unsalted
- ☐ 3 cups water

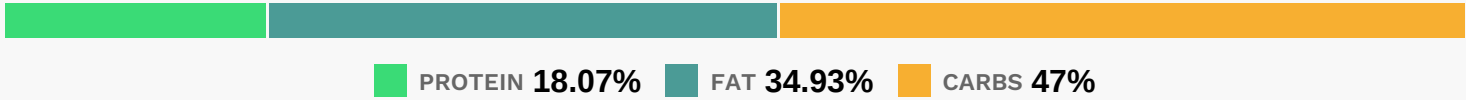
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water to a boil in a 2-quart saucepan and slowly add polenta, whisking constantly. Cook polenta over moderate heat, whisking constantly, 5 minutes.
- ☐ Remove from heat and whisk in cheese, butter, and salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:4.3052173153214%

Nutrients (% of daily need)

Calories: 209.2kcal (10.46%), Fat: 8.04g (12.37%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 23.86g (8.68%), Sugar: 0.34g (0.38%), Cholesterol: 20.27mg (6.76%), Sodium: 309.93mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Calcium: 228.76mg (22.88%), Phosphorus: 152.73mg (15.27%), Selenium: 9.32µg (13.32%), Vitamin A: 297.7IU (5.95%), Magnesium: 18.14mg (4.54%), Vitamin B2: 0.08mg (4.43%), Zinc: 0.66mg (4.39%), Vitamin B12: 0.23µg (3.85%), Vitamin B1: 0.05mg (3.08%), Vitamin B6: 0.06mg (3.05%), Copper: 0.06mg (2.87%), Iron: 0.45mg (2.51%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.41mg (2.05%), Fiber: 0.48g (1.91%), Manganese: 0.04mg (1.77%), Potassium: 58.93mg (1.68%)