



Creamy Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 1 quart fat-skimmed chicken broth
- ☐ 1 quart milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups polenta
- ☐ 8 servings salt to taste

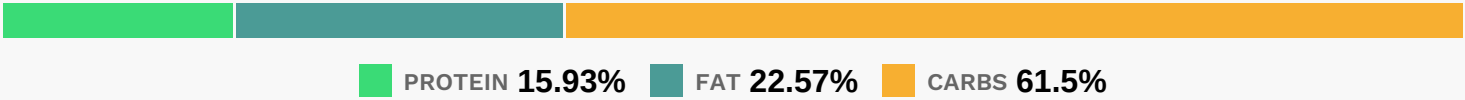
Equipment

- ☐ frying pan

Directions

☐ In a 5- to 6-quart pan, mix 1 quart fat-skimmed chicken broth, 1 quart milk, and 2 cups polenta. Stir often over medium-high heat until simmering, 10 to 12 minutes; reduce heat, simmer, and continue to stir until polenta is thickened and smooth and creamy to taste, 15 to 20 minutes. Just before serving, stir in 1/2 cup grated parmesan cheese and salt to taste.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:7.4334782128749%

Nutrients (% of daily need)

Calories: 249.49kcal (12.47%), Fat: 6.21g (9.56%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 37.47g (13.63%), Sugar: 6.13g (6.81%), Cholesterol: 19.63mg (6.54%), Sodium: 832.34mg (36.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Calcium: 206.4mg (20.64%), Phosphorus: 201.13mg (20.11%), Selenium: 13.8µg (19.71%), Vitamin B12: 0.96µg (16%), Vitamin B2: 0.23mg (13.27%), Vitamin D: 1.33µg (8.88%), Vitamin B1: 0.13mg (8.53%), Potassium: 278.93mg (7.97%), Vitamin B5: 0.8mg (7.96%), Vitamin B6: 0.15mg (7.61%), Magnesium: 28.3mg (7.08%), Vitamin A: 330.76IU (6.62%), Vitamin B3: 1.27mg (6.33%), Zinc: 0.94mg (6.29%), Iron: 0.59mg (3.29%), Manganese: 0.07mg (3.28%), Copper: 0.06mg (2.81%), Fiber: 0.64g (2.54%)