

Creamy Polenta

 Vegetarian  Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 1 cup heavy cream
- 1 teaspoon kosher salt
- 1 tablespoon lemon zest chopped
- 2 cups milk
- 1 cup polenta
- 2 cups water

Equipment

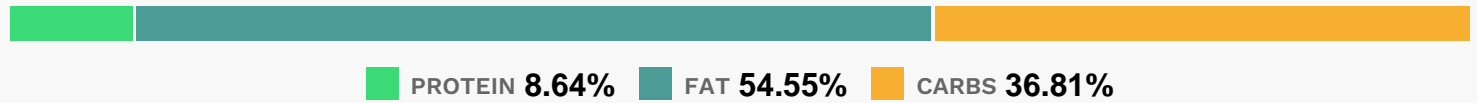
- whisk

- pot
- wooden spoon

Directions

- In a medium pot with high sides combine the water, milk, and heavy cream and bring to a boil over high heat. Reduce the heat to low and slowly pour in the polenta while whisking constantly. Cook the mixture for at least 5 minutes, stirring with a wooden spoon until thickened and cooked. Stir in the lemon zest and kosher salt.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:5.6073912952257%

Nutrients (% of daily need)

Calories: 282.45kcal (14.12%), Fat: 17.24g (26.53%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 25.65g (9.33%), Sugar: 5.28g (5.87%), Cholesterol: 54.58mg (18.19%), Sodium: 433.46mg (18.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin A: 772.07IU (15.44%), Calcium: 130.7mg (13.07%), Phosphorus: 124.62mg (12.46%), Vitamin B2: 0.2mg (11.66%), Selenium: 7.25µg (10.35%), Vitamin D: 1.53µg (10.2%), Vitamin B12: 0.5µg (8.38%), Vitamin B1: 0.09mg (5.9%), Potassium: 197.67mg (5.65%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.1mg (5.21%), Magnesium: 20.64mg (5.16%), Zinc: 0.55mg (3.66%), Vitamin E: 0.41mg (2.72%), Vitamin B3: 0.43mg (2.16%), Fiber: 0.53g (2.12%), Copper: 0.04mg (1.94%), Vitamin C: 1.53mg (1.85%), Iron: 0.32mg (1.76%), Manganese: 0.03mg (1.64%), Vitamin K: 1.59µg (1.52%)