



Creamy Polenta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- 5 ounces cornmeal yellow (not quick-cooking)
- 4 cups water
- 2 tablespoons butter unsalted
- 1 teaspoon salt

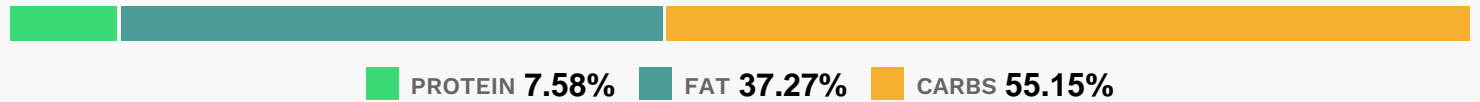
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Bring water and salt to a boil in a 3-quart heavy saucepan, then add polenta in a thin stream, whisking. Cook over moderate heat, whisking, 2 minutes. Reduce heat to low and cover pan, then cook at a bare simmer, stirring with a long-handled spoon for 1 minute after every 10 minutes of cooking, 45 minutes total.
- Remove from heat and whisk in butter until incorporated.
- Serve polenta warm.
- Polenta can be made 20 minutes ahead and kept, covered, at room temperature (do not let stand longer, or it will solidify).

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:15.41, Inflammation Score:-3, Nutrition Score:4.6300000010625%

Nutrients (% of daily need)

Calories: 186.27kcal (9.31%), Fat: 7.76g (11.94%), Saturated Fat: 3.97g (24.78%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 22.51g (8.18%), Sugar: 0.56g (0.62%), Cholesterol: 15.05mg (5.02%), Sodium: 595.39mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Fiber: 3.33g (13.32%), Manganese: 0.23mg (11.45%), Vitamin B6: 0.21mg (10.46%), Magnesium: 40.44mg (10.11%), Phosphorus: 81.41mg (8.14%), Zinc: 1.13mg (7.53%), Vitamin B1: 0.11mg (7.11%), Copper: 0.13mg (6.26%), Iron: 1.07mg (5.92%), Vitamin B3: 0.88mg (4.39%), Vitamin A: 174.93IU (3.5%), Potassium: 115.91mg (3.31%), Selenium: 2.2µg (3.14%), Folate: 12.26µg (3.06%), Vitamin B5: 0.22mg (2.19%), Vitamin B2: 0.04mg (2.08%), Vitamin E: 0.29mg (1.96%), Calcium: 11.26mg (1.13%)