

Creamy Polenta

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 0.3 cup corn grits
- ☐ 1.3 cups half-and-half divided
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup milk
- ☐ 0.5 cup parmesan grated

Equipment

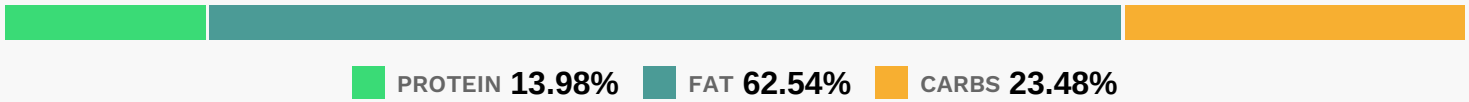
- ☐ sauce pan

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Spray the insert of a slow cooker with cooking spray (for easier clean up) and preheat on high.
- ☐ In a medium saucepan, add the milk, 1 cup half-and-half, 1 tablespoon butter, and polenta. Season with salt and bring to a boil over medium-high heat, whisking constantly to keep the mixture lump-free. Boil for 2 to 3 minutes.
- ☐ Pour the mixture into the slow cooker and cook on high for 2 hours, stirring once or twice per hour. Once you are ready to serve, open the slow cooker and whisk in the remaining 1 tablespoon butter, remaining 1/3 cup half-and-half, and Parmesan.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.21, Inflammation Score:-4, Nutrition Score:7.1091303281162%

Nutrients (% of daily need)

Calories: 289.94kcal (14.5%), Fat: 20.29g (31.22%), Saturated Fat: 12.48g (77.98%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.9g (6.15%), Sugar: 6.45g (7.17%), Cholesterol: 59.1mg (19.7%), Sodium: 317.8mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Calcium: 311.73mg (31.17%), Phosphorus: 236.32mg (23.63%), Vitamin B2: 0.29mg (17.05%), Vitamin A: 685.3IU (13.71%), Selenium: 8.84µg (12.63%), Vitamin B12: 0.64µg (10.74%), Potassium: 230.3mg (6.58%), Zinc: 0.97mg (6.46%), Magnesium: 24.71mg (6.18%), Vitamin B5: 0.59mg (5.89%), Vitamin B6: 0.11mg (5.43%), Vitamin B1: 0.08mg (5.37%), Vitamin D: 0.73µg (4.89%), Vitamin E: 0.42mg (2.82%), Vitamin K: 2.14µg (2.04%), Vitamin B3: 0.35mg (1.73%), Manganese: 0.03mg (1.61%), Iron: 0.28mg (1.58%), Copper: 0.02mg (1.15%), Folate: 4.17µg (1.04%)