

Creamy Polenta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon coarse kosher salt
- ☐ 1 cup polenta (coarse cornmeal)
- ☐ 2 cups water
- ☐ 2 cups milk whole

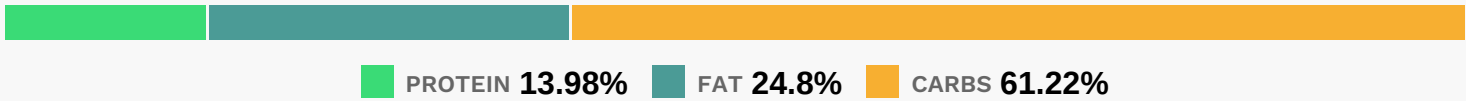
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring first 3 ingredients to boil in heavy large saucepan over medium-high heat. Gradually whisk in polenta. Reduce heat to low; simmer until smooth and thick, stirring almost constantly, about 18 minutes.
- ☐ * Sold at some supermarkets and at natural foods stores and Italian markets. If unavailable, substitute an equal amount of regular yellow cornmeal; cook half as long.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:12.97, Inflammation Score:-3, Nutrition Score:5.8195652741453%

Nutrients (% of daily need)

Calories: 150.56kcal (7.53%), Fat: 4.16g (6.4%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 20.63g (7.5%), Sugar: 4.33g (4.81%), Cholesterol: 9.76mg (3.25%), Sodium: 423.49mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Phosphorus: 141.77mg (14.18%), Calcium: 104.24mg (10.42%), Vitamin B6: 0.21mg (10.3%), Fiber: 2.49g (9.96%), Magnesium: 38.91mg (9.73%), Manganese: 0.17mg (8.71%), Vitamin B1: 0.13mg (8.34%), Vitamin B2: 0.14mg (8.05%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.44µg (7.32%), Vitamin D: 0.89µg (5.96%), Potassium: 207.41mg (5.93%), Vitamin B5: 0.46mg (4.61%), Selenium: 3.14µg (4.48%), Iron: 0.8mg (4.42%), Copper: 0.08mg (3.89%), Vitamin B3: 0.74mg (3.7%), Vitamin A: 131.76IU (2.64%), Folate: 9.01µg (2.25%)