



Creamy Polenta and Sauté of Mixed Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

- 1 cup bell pepper strips red
- 0.3 teaspoon pepper black divided
- 32 ounce less-sodium chicken broth fat-free divided canned
- 4 garlic cloves minced
- 5 cups torn greens mixed dark (such as beet, collard, mustard, turnip, and kale)
- 2 cups onion vertically sliced
- 1 ounce parmesan cheese fresh grated
- 1 ounce sun-dried tomatoes packed (8)

- 0.5 cup water boiling
- 1 cup water
- 1 cup cornmeal yellow

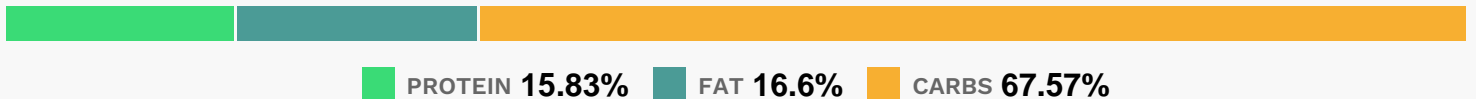
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Combine tomatoes and boiling water; let stand 30 minutes.
- Drain and slice.
- Combine cornmeal and 1/8 teaspoon black pepper in a large saucepan. Gradually add 3 cups broth and 1 cup water, stirring constantly with a whisk. Bring to a boil; reduce heat to medium, and cook 20 minutes, stirring frequently.
- Remove from heat; keep warm.
- Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- Add onion and bell pepper; saut 10 minutes or until tender.
- Add sun-dried tomatoes and garlic; saut 1 minute. Stir in 1 cup broth and greens; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until greens are tender. Stir in 1/8 teaspoon black pepper. Spoon the polenta into center of each of 4 plates, and top evenly with greens mixture.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:20.69, Inflammation Score:-9, Nutrition Score:19.506956587019%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.38mg, Quercetin: 16.38mg, Quercetin: 16.38mg

Nutrients (% of daily need)

Calories: 262.25kcal (13.11%), Fat: 5.01g (7.71%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 45.88g (15.29%), Net Carbohydrates: 39.03g (14.19%), Sugar: 8.67g (9.63%), Cholesterol: 4.82mg (1.61%), Sodium: 1072.97mg (46.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Vitamin C: 68.91mg (83.53%), Vitamin A: 1854.15IU (37.08%), Manganese: 0.7mg (34.83%), Vitamin B6: 0.58mg (28.91%), Fiber: 6.85g (27.38%), Phosphorus: 245.98mg (24.6%), Potassium: 740.74mg (21.16%), Magnesium: 81.49mg (20.37%), Vitamin B3: 3.66mg (18.31%), Folate: 72.04µg (18.01%), Vitamin B1: 0.25mg (16.89%), Copper: 0.33mg (16.48%), Iron: 2.91mg (16.19%), Selenium: 10.43µg (14.9%), Calcium: 139.32mg (13.93%), Zinc: 1.99mg (13.29%), Vitamin B2: 0.22mg (13.21%), Vitamin B5: 0.98mg (9.85%), Vitamin B12: 0.54µg (8.98%), Vitamin K: 5.65µg (5.38%), Vitamin E: 0.77mg (5.14%)