



Creamy Polenta with Bacon and Cranberries

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



1276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound applewood bacon smoked thick-cut
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cranberries dried
- ☐ 1 pinch kosher salt
- ☐ 3 teaspoons kosher salt for seasoning
- ☐ 2 cups chicken broth low-sodium
- ☐ 3 tablespoons maple syrup
- ☐ 8 ounces mascarpone cheese at room temperature

- ☐ 1 cup parmesan freshly grated
- ☐ 1.3 cups polenta yellow
- ☐ 5 tablespoons butter unsalted cut into 1/2-inch pieces at room temperature
- ☐ 0.8 cup milk whole at room temperature

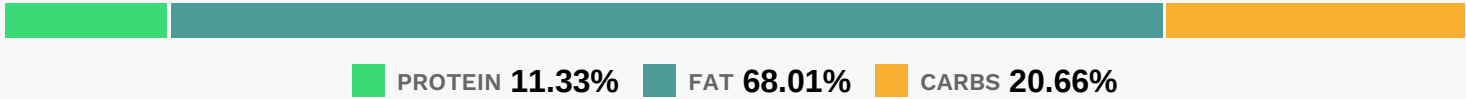
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ For the polenta: Bring the broth, 2 1/2 cups water and the salt to a boil in a heavy 5-quart saucepan over medium-high heat. Gradually whisk in the polenta. Reduce the heat to low and cook, stirring often, until the mixture thickens and the cornmeal is tender, 15 to 20 minutes.
- ☐ Remove the pan from the heat.
- ☐ Add the Parmesan, milk and butter. Stir until the butter and Parmesan have melted. Season with salt and pepper.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Arrange the bacon in a single layer on a rimmed baking sheet.
- ☐ Bake until brown and crispy, 15 to 17 minutes.
- ☐ Drain on paper towels. When the bacon is cool enough to handle, chop into 1/2-inch pieces. Set aside.
- ☐ Whisk together the mascarpone cheese, maple syrup and salt in a small bowl until smooth.
- ☐ Transfer the polenta to 4 bowls or serving plates. Divide the bacon pieces and spoon on top. Dollop each serving with the mascarpone mixture and sprinkle with the dried cranberries.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:26.34, Inflammation Score:-8, Nutrition Score:22.88739141336%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 1276.04kcal (63.8%), Fat: 96.44g (148.36%), Saturated Fat: 45.64g (285.25%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 60.39g (21.96%), Sugar: 23.33g (25.92%), Cholesterol: 191.66mg (63.89%), Sodium: 2995mg (130.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.31%), Phosphorus: 535.77mg (53.58%), Calcium: 468.46mg (46.85%), Selenium: 32.54µg (46.49%), Vitamin B3: 7.62mg (38.12%), Manganese: 0.74mg (37.05%), Vitamin B1: 0.51mg (34.02%), Vitamin B6: 0.66mg (33.19%), Vitamin A: 1542.98IU (30.86%), Vitamin B2: 0.52mg (30.62%), Zinc: 4.01mg (26.75%), Magnesium: 88.77mg (22.19%), Fiber: 5.5g (22%), Vitamin B12: 1.26µg (21.03%), Potassium: 624.69mg (17.85%), Iron: 2.51mg (13.93%), Vitamin B5: 1.26mg (12.62%), Copper: 0.25mg (12.58%), Vitamin E: 1.47mg (9.83%), Vitamin D: 1.34µg (8.96%), Folate: 19.19µg (4.8%), Vitamin K: 3.2µg (3.05%)