



Creamy Polenta with Roasted Corn and Fresh Sage

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

Ingredients

- 1 cup cornmeal
- 2 ears corn
- 3 tablespoons sage leaves fresh chopped
- 1 teaspoon garlic finely chopped
- 2 cups milk
- 3 tablespoons olive oil
- 0.5 cup parmesan cheese grated

- 4 servings salt and pepper to taste
- 3 cups water
- 0.5 onion diced yellow

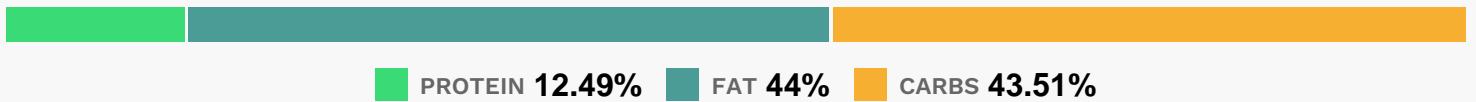
Equipment

- bowl
- sauce pan
- oven
- whisk
- grill

Directions

- Grill corn in the husks, or roast in the oven; cut kernels from cob.
- In a heavy 4-quart saucepan heat oil over medium heat. Stir in garlic and onions; reduce heat to low and cook until onions are translucent.
- Stir in water and milk and bring to a boil over medium-high heat. Slowly stir in cornmeal, whisking thoroughly. Reduce heat to low and simmer for 30 minutes, stirring often to prevent sticking and burning. Season with salt and pepper; simmer 15 minutes more.
- When cornmeal is tender, stir in corn, sage and Parmesan cheese.
- Transfer to a large bowl to serve.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:19.81, Inflammation Score:-6, Nutrition Score:19.333043513091%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg,

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Nutrients (% of daily need)

Calories: 423.15kcal (21.16%), Fat: 21.09g (32.45%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 46.94g (15.65%), Net Carbohydrates: 41.73g (15.17%), Sugar: 9.9g (11.01%), Cholesterol: 25.51mg (8.51%), Sodium: 477.22mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.95%), Copper: 13.8mg (690.18%), Manganese: 0.82mg (41.11%), Phosphorus: 338.76mg (33.88%), Calcium: 303.41mg (30.34%), Magnesium: 89.19mg (22.3%), Fiber: 5.21g (20.83%), Vitamin B6: 0.39mg (19.34%), Vitamin B1: 0.28mg (18.79%), Zinc: 2.62mg (17.44%), Vitamin B2: 0.28mg (16.66%), Potassium: 497.91mg (14.23%), Vitamin B12: 0.83µg (13.79%), Selenium: 9.52µg (13.61%), Vitamin E: 1.82mg (12.12%), Iron: 2.08mg (11.58%), Vitamin B5: 1.08mg (10.76%), Vitamin B3: 1.94mg (9.69%), Vitamin D: 1.4µg (9.36%), Folate: 35.8µg (8.95%), Vitamin A: 390.26IU (7.81%), Vitamin K: 7.18µg (6.84%), Vitamin C: 4.31mg (5.23%)