



Creamy Polenta with Roasted Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound asparagus spears fresh
- ☐ 1.8 cups milk fat-free
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 small onion red cut into 3/4-inch pieces (1 1/2 cups)
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup cornmeal yellow
- ☐ 2 medium zucchini cut into 1/4-inch slices (2 1/2 cups)

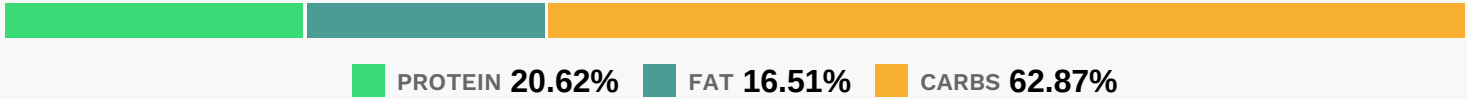
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 475
- ☐ Snap off and discard tough ends of asparagus; cut asparagus into 1-inch pieces.
- ☐ Combine asparagus, zucchini, and onion in a 15 x 10-inch jelly-roll pan coated with cooking spray.
- ☐ Drizzle with oil; sprinkle with garlic and 1/8 teaspoon salt. Stir gently until vegetables are coated.
- ☐ Bake at 475 for 18 minutes or until vegetables are crisp-tender and begin to brown, stirring once.
- ☐ Meanwhile, pour milk into a medium saucepan; place over medium heat. Gradually stir in cornmeal and 1/4 teaspoon salt. Cook over medium heat, stirring constantly, 5 minutes or until very thick.
- ☐ Immediately spoon cornmeal mixture onto 3 individual serving plates.
- ☐ Combine vinegar and sugar; sprinkle over vegetables. Toss well; spoon vegetables evenly over cornmeal mixture.
- ☐ Sprinkle evenly with cheese; sprinkle with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:100.95, Glycemic Load:16.04, Inflammation Score:-8, Nutrition Score:20.715652382892%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg, Isorhamnetin: 6.15mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg

Nutrients (% of daily need)

Calories: 232.69kcal (11.63%), Fat: 4.42g (6.8%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 31.82g (11.57%), Sugar: 14.58g (16.19%), Cholesterol: 6.55mg (2.18%), Sodium: 417.98mg (18.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin C: 30.69mg (37.19%), Vitamin K: 38.14µg (36.33%), Phosphorus: 337.41mg (33.74%), Manganese: 0.59mg (29.69%), Vitamin B6: 0.58mg (29.02%), Calcium: 279.65mg (27.97%), Vitamin B2: 0.46mg (27.26%), Potassium: 881.37mg (25.18%), Fiber: 6.03g (24.12%), Vitamin B1: 0.35mg (23.11%), Vitamin A: 1151.27IU (23.03%), Folate: 89.77µg (22.44%), Magnesium: 85.3mg (21.32%), Iron: 3.06mg (16.99%), Zinc: 2.46mg (16.4%), Copper: 0.3mg (14.93%), Vitamin B12: 0.87µg (14.48%), Vitamin B5: 1.21mg (12.08%), Vitamin B3: 2.21mg (11.05%), Selenium: 7.53µg (10.76%), Vitamin D: 1.59µg (10.59%), Vitamin E: 1.32mg (8.78%)