



Creamy Polenta with Warm Tomato Compote

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 2 pounds cherry tomatoes
- 0.8 cup wine dry white
- 2 cups milk 1% low-fat
- 1 tablespoon olive oil
- 2 ounces parmesan fresh shaved
- 1 cup polenta dry
- 1.5 teaspoons salt divided

- 0.3 cup shallots sliced (3 medium)
- 1.5 tablespoons sugar
- 2 cups water

Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan

Directions

- Preheat oven to 42
- Cut several slits in the bottom of each tomato; place, stem sides down, in a shallow roasting pan coated with cooking spray.
- Bake at 425 for 20 minutes. Reduce oven temperature to 375 (do not remove tomatoes from oven); bake 45 minutes or until browned. Cover and let stand 10 minutes.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shallots; saut 5 minutes or until browned.
- Add sugar; saut 5 minutes.
- Add wine; reduce heat, and simmer for 5 minutes.
- Add 1/2 teaspoon salt and pepper.
- Remove from heat; stir in tomatoes. Cover; set aside.
- Combine the milk and water in a large saucepan; bring to a boil.
- Remove from heat, and gradually add the polenta, stirring constantly with a whisk. Cover and cook over medium-low heat 2 minutes.
- Add 1 teaspoon salt; cover and let stand 5 minutes or until thick, stirring occasionally. Top the polenta with the tomato compote and Parmesan cheese.

Nutrition Facts



■ PROTEIN 16.62% ■ FAT 22.36% ■ CARBS 61.02%

Properties

Glycemic Index:21.76, Glycemic Load:2.03, Inflammation Score:-6, Nutrition Score:9.0252174087193%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 195.36kcal (9.77%), Fat: 4.52g (6.96%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.4g (9.6%), Sugar: 8.98g (9.98%), Cholesterol: 7.77mg (2.59%), Sodium: 590.29mg (25.66%), Alcohol: 2.32g (100%), Alcohol %: 1% (100%), Protein: 7.56g (15.12%), Vitamin C: 26.45mg (32.06%), Calcium: 178.25mg (17.82%), Phosphorus: 164.8mg (16.48%), Vitamin A: 768.68IU (15.37%), Potassium: 416.42mg (11.9%), Manganese: 0.2mg (10.02%), Vitamin B6: 0.2mg (9.88%), Selenium: 6.91µg (9.87%), Vitamin B2: 0.14mg (8.5%), Magnesium: 30.28mg (7.57%), Vitamin B12: 0.44µg (7.42%), Vitamin B1: 0.11mg (7.25%), Iron: 1.2mg (6.66%), Vitamin E: 0.92mg (6.12%), Copper: 0.12mg (6.05%), Fiber: 1.36g (5.46%), Vitamin B5: 0.52mg (5.2%), Folate: 20.16µg (5.04%), Zinc: 0.75mg (5.02%), Vitamin B3: 0.97mg (4.84%), Vitamin D: 0.68µg (4.56%), Vitamin K: 4.72µg (4.49%)