



WHATSheATE



Creamy Two-Cheese Polenta



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cream cheese light
- ☐ 4 cups milk 1% low-fat
- ☐ 1.3 ounces parmigiano-reggiano cheese grated
- ☐ 1.3 cups polenta dry instant
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

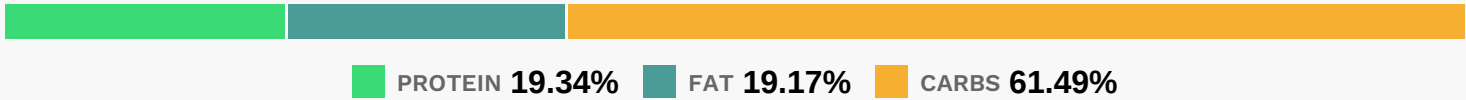
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium; gradually add polenta, stirring constantly with a whisk. Cook, stirring constantly, 2 minutes or until thick.
- ☐ Remove from heat; stir in cheeses.
- ☐ Serve immediately.
- ☐ Help pour milk and water into saucepan
- ☐ Measure Parmigiano-Reggiano cheese
- ☐ Measure dry polenta
- ☐ Stir in cheeses with adult supervision

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:6.1595652025679%

Nutrients (% of daily need)

Calories: 175.37kcal (8.77%), Fat: 3.7g (5.69%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 26.25g (9.55%), Sugar: 6.46g (7.18%), Cholesterol: 12.86mg (4.29%), Sodium: 219.68mg (9.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Calcium: 215.42mg (21.54%), Phosphorus: 182.52mg (18.25%), Vitamin B12: 0.84µg (14%), Vitamin B2: 0.2mg (11.98%), Selenium: 8.02µg (11.46%), Vitamin D: 1.34µg (8.95%), Vitamin A: 359.89IU (7.2%), Potassium: 244.25mg (6.98%), Vitamin B1: 0.1mg (6.95%), Vitamin B5: 0.63mg (6.28%), Magnesium: 23.87mg (5.97%), Vitamin B6: 0.11mg (5.74%), Zinc: 0.78mg (5.2%), Vitamin B3: 0.45mg (2.27%), Manganese: 0.04mg (1.99%), Iron: 0.3mg (1.69%), Fiber: 0.41g (1.65%), Copper: 0.03mg (1.46%), Folate: 5.28µg (1.32%)