



Creamy Vegan Polenta with Leeks



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coarse cornmeal (polenta)
- ☐ 2 tablespoons dairy-free margarine divided (such as Earth Balance)
- ☐ 0.5 cup non-dairy milk alternative (such as almond, soy, rice, hemp, or oat)
- ☐ 3 large leeks diced white green thinly sliced (and pale parts only)
- ☐ 6 servings pepper freshly ground to taste
- ☐ 1 teaspoon salt to taste
- ☐ 2.3 cups vegetable broth
- ☐ 2 cups water ()

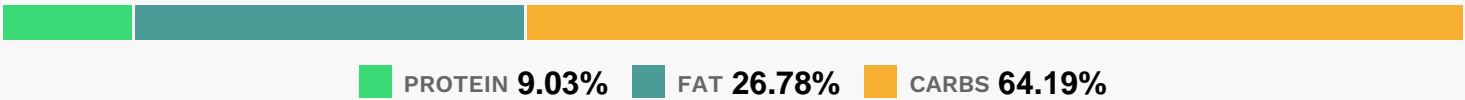
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Melt 1 tablespoon of the margarine in a 4-quart saucepan over medium heat.
- ☐ Add the leeks, and stir to coat.Cover and cook until leeks soften, stirring occasionally, about 10 minutes.
- ☐ Add the water and broth, cover, and bring to a boil.Slowly pour in the polenta, while whisking simultaneously.
- ☐ Whisking is essential, or the cornmeal will clump up.Reduce the heat to medium-low, and cook until the mixture is thick and creamy.At this point, you'll want to switch to a wooden spoon, stirring often.As it begins to thicken, add some of the milk alternative, stir, and continue cooking.
- ☐ Add about 1/4 teaspoon salt.Continue stirring, cooking, and adding more milk alternative and salt, until you've got a creamy mixture and the taste is just right.
- ☐ Remove the saucepan from the heat, and stir in the remaining tablespoon of margarine.Season with salt and pepper, to taste, and divide the polenta among plates.

Nutrition Facts



Properties

Glycemic Index:35.15, Glycemic Load:14.01, Inflammation Score:-7, Nutrition Score:9.1873912344808%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 5.1g (7.85%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 24.12g (8.77%), Sugar: 3.4g (3.77%), Cholesterol: 0mg (0%), Sodium: 793.98mg (34.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin A: 1185.58IU (23.71%), Vitamin K: 23.72µg (22.59%), Manganese: 0.4mg (19.88%), Vitamin B6: 0.31mg (15.31%), Fiber: 3.4g (13.58%), Vitamin E: 1.91mg (12.71%), Folate: 43.8µg (10.95%), Magnesium: 41.78mg (10.45%), Iron: 1.84mg (10.2%), Vitamin C: 6.76mg (8.19%), Vitamin B1: 0.12mg (7.9%), Copper: 0.16mg (7.8%), Phosphorus: 75.54mg (7.55%), Vitamin B3: 1.48mg (7.41%), Zinc: 0.93mg (6.21%), Calcium: 58.43mg (5.84%), Potassium: 195.88mg (5.6%), Vitamin B2: 0.08mg (4.55%), Selenium: 2.49µg (3.56%), Vitamin B12: 0.21µg (3.54%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.24µg (1.57%)