



Crisp Polenta Croutons

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

Ingredients

- ☐ 4 servings escarole and bean soup your favorite
- ☐ 2 ounces parmesan cheese freshly grated
- ☐ 16 ounce herb-flavored polenta

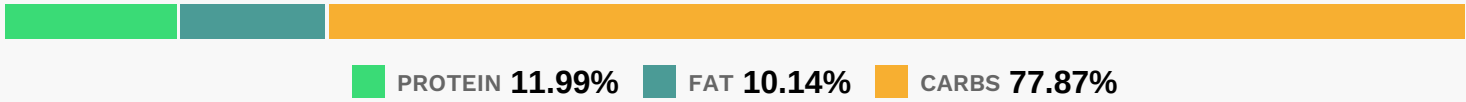
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐
- Preheat the broiler to high.
- ☐
- Cut the polenta into 1/2-inch slices.
- ☐
- Place the slices on a baking sheet coated with cooking spray. Broil 4 minutes or until lightly browned. Turn the polenta slices over; sprinkle each with 1 tablespoon Parmesan. Broil 3 minutes or until lightly browned. Cool slightly, and cut each slice into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:7.0760869727187%

Nutrients (% of daily need)

Calories: 480.76kcal (24.04%), Fat: 5.33g (8.2%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 92.11g (30.7%), Net Carbohydrates: 90.25g (32.82%), Sugar: 0.75g (0.84%), Cholesterol: 12.33mg (4.11%), Sodium: 249.23mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Selenium: 24.25µg (34.64%), Phosphorus: 172.83mg (17.28%), Calcium: 127.69mg (12.77%), Vitamin B1: 0.15mg (10.1%), Vitamin B6: 0.18mg (8.93%), Magnesium: 35.7mg (8.92%), Fiber: 1.86g (7.45%), Vitamin A: 365.49IU (7.31%), Zinc: 1.08mg (7.2%), Vitamin B3: 1.37mg (6.87%), Iron: 1.2mg (6.69%), Manganese: 0.13mg (6.64%), Vitamin B5: 0.6mg (5.97%), Vitamin B2: 0.09mg (5.56%), Potassium: 182.94mg (5.23%), Copper: 0.09mg (4.56%), Vitamin B12: 0.19µg (3.19%), Folate: 6.64µg (1.66%)