



Crisp Polenta Rounds with Fresh Figs, Raspberries, and Maple Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

DESSERT

Ingredients

- ☐ 6 figs fresh sliced
- ☐ 2 tablespoons yogurt plain low-fat
- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 0.5 cup maple syrup
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 1 cup polenta dry

- ☐ 20 raspberries fresh
- ☐ 1 teaspoon salt
- ☐ 4 cups water

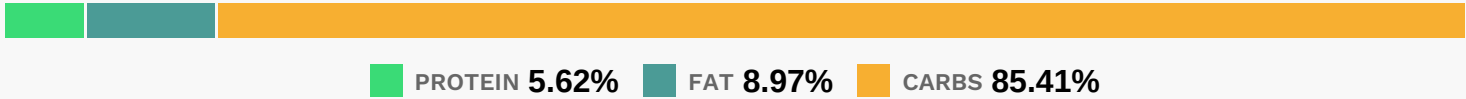
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Combine sour cream and yogurt in a small bowl, stirring with a whisk. Cover and refrigerate.
- ☐ Heat oil in a medium saucepan over medium heat; add onion. Cook 5 minutes or until tender, stirring frequently; add polenta. Cook 1 minute, stirring constantly.
- ☐ Add water and salt; stir with a whisk until polenta begins to absorb water (about 2 minutes). Reduce heat to low; cover and cook polenta mixture 25 minutes, stirring occasionally.
- ☐ Pour polenta into an 11 x 7-inch baking dish coated with cooking spray. Refrigerate, uncovered, 30 minutes or until cool.
- ☐ Preheat oven to 40
- ☐ Cut the polenta into 8 pieces with a 2-inch round cutter, and discard excess polenta. Arrange rounds on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 40 minutes, turning after 20 minutes. Cool completely on a wire rack.
- ☐ Arrange 2 polenta rounds on each of 4 plates; top each serving with 5 raspberries and 3 fig slices.
- ☐ Drizzle 2 tablespoons maple syrup over each serving; top each with 1 tablespoon sour cream mixture.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:17.7, Inflammation Score:-4, Nutrition Score:9.7156521528959%

Flavonoids

Cyanidin: 4.95mg, Cyanidin: 4.95mg, Cyanidin: 4.95mg, Cyanidin: 4.95mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 352.99kcal (17.65%), Fat: 3.57g (5.49%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 72.78g (26.47%), Sugar: 38.18g (42.42%), Cholesterol: 2.7mg (0.9%), Sodium: 610.49mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Manganese: 1.15mg (57.28%), Vitamin B2: 0.6mg (35.27%), Fiber: 3.63g (14.52%), Potassium: 384.98mg (11%), Calcium: 109.96mg (11%), Selenium: 7.49µg (10.71%), Magnesium: 39.82mg (9.95%), Vitamin B1: 0.14mg (9.19%), Vitamin B6: 0.17mg (8.34%), Copper: 0.14mg (6.79%), Phosphorus: 63.98mg (6.4%), Vitamin C: 4.99mg (6.05%), Vitamin K: 5.72µg (5.45%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.76mg (5.07%), Iron: 0.84mg (4.65%), Vitamin B3: 0.9mg (4.48%), Vitamin A: 219.85IU (4.4%), Vitamin E: 0.48mg (3.2%), Folate: 12.25µg (3.06%), Vitamin B12: 0.08µg (1.35%)