



## Crunchy Cheesy Oven-Baked Polenta

READY IN



30 min.

SERVINGS



7

CALORIES



582 kcal

SIDE DISH

### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic finely chopped
- 1.5 cups whipping cream
- 4 oz cheese blue crumbled
- 0.3 cup parmesan grated
- 17 oz polenta plain refrigerated
- 1 serving pepper black freshly ground
- 0.5 cup panko bread crumbs crispy italian

2 tablespoons basil fresh chopped

## Equipment

frying pan

sauce pan

ladle

oven

## Directions

Heat oven to 350°F. Spray 17x12-inch half-sheet pan with cooking spray.

In 1 1/2-quart saucepan, cook oil, butter and garlic over medium-high heat 2 to 3 minutes or until garlic is transparent (do not let garlic burn).

Add whipping cream; heat to a slight simmer. Stir in Gorgonzola cheese until melted. Stir in pecorino-Romano cheese.

Remove from heat.

Cut polenta into 1/2-inch-thick slices. Arrange slices in pan. Ladle cheese sauce evenly over polenta; sprinkle with pepper.

Sprinkle bread crumbs evenly over top.

Bake uncovered about 15 minutes.

Set oven control to broil. Broil 2 to 3 minutes or until top is golden brown.

Garnish with basil.

Serve warm.

## Nutrition Facts



**PROTEIN 8.87%** **FAT 49.85%** **CARBS 41.28%**

## Properties

Glycemic Index:33.71, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:8.8665218068206%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 582.43kcal (29.12%), Fat: 32.29g (49.67%), Saturated Fat: 18.11g (113.21%), Carbohydrates: 60.14g (20.05%), Net Carbohydrates: 58.82g (21.39%), Sugar: 2.32g (2.58%), Cholesterol: 80.81mg (26.94%), Sodium: 315.31mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Selenium: 17.63µg (25.19%), Vitamin A: 1178.79IU (23.58%), Phosphorus: 177mg (17.7%), Calcium: 174.33mg (17.43%), Vitamin B2: 0.22mg (12.78%), Vitamin B1: 0.15mg (9.96%), Vitamin B6: 0.17mg (8.3%), Vitamin E: 1.2mg (7.97%), Vitamin B5: 0.79mg (7.95%), Magnesium: 29.98mg (7.5%), Vitamin K: 7.67µg (7.3%), Manganese: 0.14mg (6.89%), Zinc: 1.01mg (6.76%), Vitamin B3: 1.33mg (6.66%), Vitamin D: 0.91µg (6.1%), Iron: 1.08mg (6.02%), Potassium: 202.24mg (5.78%), Vitamin B12: 0.34µg (5.73%), Fiber: 1.33g (5.3%), Folate: 16.69µg (4.17%), Copper: 0.08mg (4.04%)