

Crunchy Cheesy Oven-Baked Polenta

READY IN



30 min.

SERVINGS



7

CALORIES



583 kcal

SIDE DISH

Ingredients

- ☐ 7 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 4 oz cheese blue crumbled
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup panko bread crumbs crispy italian
- ☐ 0.3 cup parmesan grated
- ☐ 17 oz polenta plain refrigerated

☐ 1.5 cups whipping cream

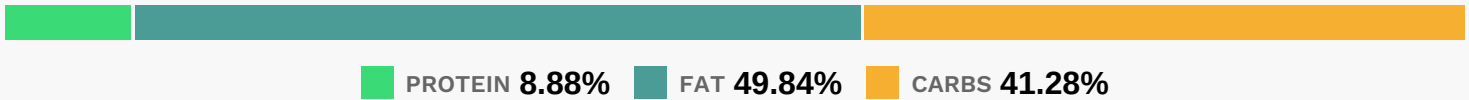
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:33.71, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:8.911739051342%

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: 582.64kcal (29.13%), Fat: 32.29g (49.68%), Saturated Fat: 18.11g (113.21%), Carbohydrates: 60.2g (20.07%), Net Carbohydrates: 58.85g (21.4%), Sugar: 2.32g (2.58%), Cholesterol: 80.81mg (26.94%), Sodium: 315.33mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.88%), Selenium: 17.64µg (25.19%), Vitamin A: 1179.26IU (23.59%), Phosphorus: 177.14mg (17.71%), Calcium: 174.71mg (17.47%), Vitamin B2: 0.22mg (12.79%), Vitamin B1: 0.15mg (9.96%), Vitamin B6: 0.17mg (8.32%), Vitamin E: 1.2mg (7.97%), Vitamin B5: 0.8mg (7.96%), Magnesium: 30.13mg (7.53%), Vitamin K: 7.81µg (7.44%), Manganese: 0.15mg (7.43%), Zinc: 1.02mg (6.77%), Vitamin B3: 1.33mg (6.66%), Vitamin D: 0.91µg (6.1%), Iron: 1.09mg (6.06%), Potassium: 203.38mg (5.81%), Vitamin B12: 0.34µg (5.73%), Fiber: 1.35g (5.39%), Folate: 16.7µg (4.18%), Copper: 0.08mg (4.09%)