



## Dinner Tonight: Polenta with Spinach 'Roman Style



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup cornmeal
- ☐ 2 cloves garlic thinly sliced
- ☐ 3 tablespoons olive oil
- ☐ 4 servings parmesan to taste
- ☐ 0.5 cup pinenuts
- ☐ 0.5 cup currants (or even better, currants)
- ☐ 0.8 teaspoon salt

- ☐ 2 pounds pkt spinach fresh
- ☐ 4.5 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

## Directions

- ☐ Bring the water and salt to a boil for the polenta in a medium pot, then add the cornmeal very slowly in a trickle while whisking constantly. Once all the cornmeal is added, continue stirring for another few minutes, switching to a wooden spoon once the mixture thickens. Cover and turn the heat to very low. Stir for a full minute every ten until the polenta is creamy, about 30–35 minutes.
- ☐ Put the raisins in a small bowl and cover with boiling water; allow to soak for 15 minutes.
- ☐ If using fresh spinach, rinse it and add to a skillet, cooking until wilted and shrunken.
- ☐ Transfer to a bowl and wipe the skillet dry.
- ☐ In the skillet, heat the olive oil over medium–low heat and saute the garlic until golden, about 5 minutes.
- ☐ Add the pine nuts and cook until also golden, then add the raisins (squeezed as dry as possible) and the cooked spinach. Increase the heat to medium and season to taste with salt and lots of pepper.
- ☐ Add olive oil as desired to avoid dryness.
- ☐ Turn out the polenta onto plates and puddle a little olive oil in the middle. Top with Parmigiano and black pepper.
- ☐ Serve the spinach on the side.

## Nutrition Facts



 PROTEIN **15.76%**  FAT **48.53%**  CARBS **35.71%**

Properties

Glycemic Index:45.63, Glycemic Load:22, Inflammation Score:-10, Nutrition Score:46.664347627889%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg, Kaempferol: 14.47mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

Nutrients (% of daily need)

Calories: 583.23kcal (29.16%), Fat: 33.06g (50.86%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 44.57g (16.21%), Sugar: 13.65g (15.16%), Cholesterol: 20.4mg (6.8%), Sodium: 1119.24mg (48.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin K: 1112.05µg (1059.1%), Vitamin A: 21519.15IU (430.38%), Manganese: 3.89mg (194.56%), Folate: 463.18µg (115.8%), Vitamin C: 65.18mg (79%), Magnesium: 286.79mg (71.7%), Calcium: 611.73mg (61.17%), Vitamin E: 7.92mg (52.83%), Phosphorus: 525.91mg (52.59%), Iron: 8.94mg (49.67%), Potassium: 1667.93mg (47.66%), Fiber: 10.17g (40.7%), Vitamin B6: 0.79mg (39.59%), Vitamin B2: 0.63mg (37.1%), Copper: 0.72mg (36.22%), Zinc: 4.46mg (29.73%), Vitamin B1: 0.4mg (26.74%), Vitamin B3: 3.75mg (18.74%), Selenium: 11.86µg (16.94%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.59mg (5.9%)