



Double Corn Polenta

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients

- 2.5 cups less-sodium chicken broth fat-free
- 0.8 cup corn kernels fresh (2 ears)
- 0.8 cup cornmeal stone-ground
- 1 teaspoon oregano fresh finely chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- sauce pan

whisk

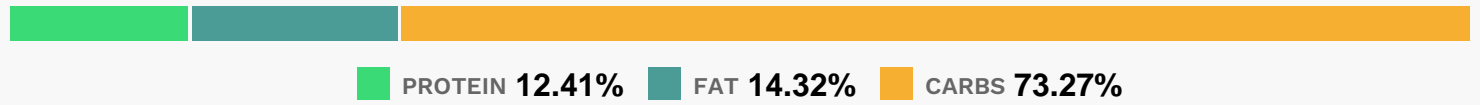
Directions

Place cornmeal and corn kernels in a large saucepan. Gradually add chicken broth, stirring constantly with a whisk. Bring mixture to a boil; reduce heat to medium and cook 12 minutes, stirring frequently. Stir in oregano, salt, and pepper.

Serve immediately.

Note: If fresh corn is unavailable at your supermarket, you can substitute frozen corn.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:13.01, Inflammation Score:-6, Nutrition Score:6.4739131409189%

Nutrients (% of daily need)

Calories: 145.49kcal (7.27%), Fat: 2.39g (3.68%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 23.9g (8.69%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 876.4mg (38.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Manganese: 0.31mg (15.43%), Fiber: 3.62g (14.49%), Vitamin B6: 0.23mg (11.35%), Magnesium: 45.16mg (11.29%), Phosphorus: 108.02mg (10.8%), Vitamin B3: 2.04mg (10.18%), Vitamin B1: 0.14mg (9.51%), Iron: 1.44mg (8.01%), Zinc: 1.09mg (7.3%), Selenium: 5.11µg (7.3%), Potassium: 221.65mg (6.33%), Folate: 24.2µg (6.05%), Copper: 0.12mg (6.02%), Vitamin B5: 0.55mg (5.51%), Vitamin B12: 0.28µg (4.73%), Vitamin B2: 0.08mg (4.44%), Vitamin K: 3.66µg (3.48%), Vitamin C: 1.86mg (2.25%), Calcium: 17.28mg (1.73%), Vitamin E: 0.22mg (1.49%), Vitamin A: 60.71IU (1.21%)