



Easy Polenta with Tomato Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- 2 cups chicken stock see
- 2 cups milk
- 1 cup parmesan cheese
- 1 cup cornmeal yellow

Equipment

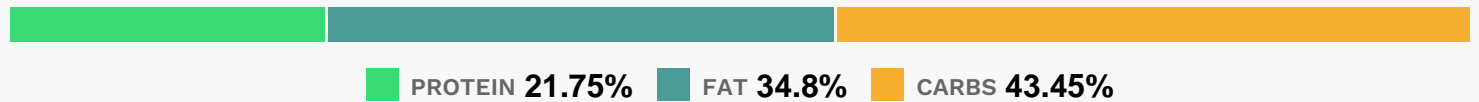
- oven
- whisk
- pot

baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking dish.
- In a large pot, combine the milk and chicken stock. Bring to a boil over medium-high heat. When it is at a rolling boil, gradually whisk in the cornmeal, making sure there are no lumps. Reduce heat to low and simmer, stirring constantly until thick, about 5 minutes.
- Remove from the heat and stir in the Parmesan cheese.
- Pour the polenta into the prepared baking dish, and spread spaghetti sauce over the top.
- Bake for 10 minutes in the preheated oven, or until sauce is bubbling.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:13.12, Inflammation Score:-4, Nutrition Score:9.4195652008057%

Nutrients (% of daily need)

Calories: 244.69kcal (12.23%), Fat: 9.43g (14.5%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 23.99g (8.72%), Sugar: 5.72g (6.36%), Cholesterol: 23.49mg (7.83%), Sodium: 413.37mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Calcium: 301.36mg (30.14%), Phosphorus: 279.04mg (27.9%), Vitamin B2: 0.26mg (15.31%), Vitamin B6: 0.27mg (13.5%), Selenium: 8.65µg (12.35%), Magnesium: 48.65mg (12.16%), Zinc: 1.73mg (11.5%), Vitamin B12: 0.64µg (10.65%), Vitamin B1: 0.16mg (10.64%), Vitamin B3: 2.05mg (10.25%), Fiber: 2.49g (9.96%), Manganese: 0.18mg (8.82%), Potassium: 306.66mg (8.76%), Vitamin D: 0.98µg (6.52%), Iron: 1.1mg (6.09%), Copper: 0.11mg (5.67%), Vitamin B5: 0.54mg (5.37%), Vitamin A: 264.33IU (5.29%), Folate: 14.18µg (3.54%), Vitamin E: 0.2mg (1.33%)