



Slow-Cooker Italian Soft Polenta

 Gluten Free

READY IN



280 min.

SERVINGS



11

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5.3 cups chicken broth (from two 32-oz cartons)
- 1 teaspoon basil dried crushed
- 12 oz evaporated milk canned
- 1 leaves basil fresh
- 3 cloves garlic finely chopped
- 11 servings cup heavy whipping cream
- 8 oz pizza cheese shredded italian
- 12 oz marinated artichoke drained coarsely chopped

- 11 servings parmesan shaved
- 1 cup roasted peppers red drained chopped (from 7-oz jar)
- 0.8 teaspoon salt
- 1.5 cups cornmeal yellow

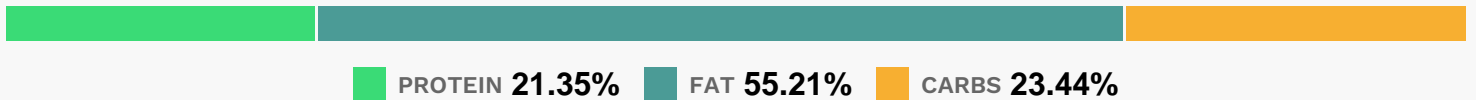
Equipment

- bowl
- slow cooker

Directions

- Line 5- to 6-quart slow cooker with slow cooker liner; spray liner with cooking spray. In large bowl, mix broth, cheese blend, cornmeal, dried basil, salt, artichokes, milk and garlic until well blended.
- Pour mixture into slow cooker.
- Cover; cook on Low heat setting 4 to 5 hours, stirring once halfway through cooking. Turn off slow cooker. Stir in roasted peppers; let stand covered 30 minutes. Stir before serving.
- Sprinkle individual servings with fresh basil and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:9.77, Inflammation Score:-6, Nutrition Score:11.695217495379%

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: 404.27kcal (20.21%), Fat: 25g (38.46%), Saturated Fat: 11.18g (69.85%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 21.01g (7.64%), Sugar: 4.92g (5.47%), Cholesterol: 52.69mg (17.56%), Sodium: 1424.11mg (61.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.5%), Calcium: 507.94mg (50.79%), Phosphorus: 337.02mg (33.7%), Vitamin B2: 0.32mg (18.69%), Vitamin A: 909.56IU (18.19%), Vitamin C: 13.35mg

(16.19%), Selenium: 9.82µg (14.03%), Zinc: 1.89mg (12.6%), Manganese: 0.24mg (12.12%), Magnesium: 48.28mg (12.07%), Fiber: 2.86g (11.45%), Vitamin B6: 0.21mg (10.5%), Vitamin B1: 0.12mg (8.18%), Iron: 1.47mg (8.16%), Vitamin B12: 0.46µg (7.6%), Potassium: 249.98mg (7.14%), Copper: 0.11mg (5.33%), Vitamin B5: 0.52mg (5.21%), Vitamin B3: 1.01mg (5.06%), Folate: 14.92µg (3.73%), Vitamin K: 2.98µg (2.84%), Vitamin D: 0.42µg (2.81%), Vitamin E: 0.39mg (2.6%)