



## Four Cheese Polenta

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter plus more for the baking dish
- 4 ounces camembert cheese cut cubes plus extra to put on top diced ripe
- 4 ounces cheese diced such as goat cheese or sheep's milk ricotta soft
- 3 cups chicken stock see
- 1.5 cups coarse cornmeal (slow-cooking polenta)
- 1 handful flat-leaf parsley fresh finely chopped
- 4 servings grape tomatoes halved chopped for garnish
- 9 servings gratings of nutmeg fresh

- 1 cup parmigiano-reggiano grated
- 3 sprigs rosemary fresh for garnish
- 4 servings salt and pepper freshly ground
- 4 ounces cow's milk melting cheese diced

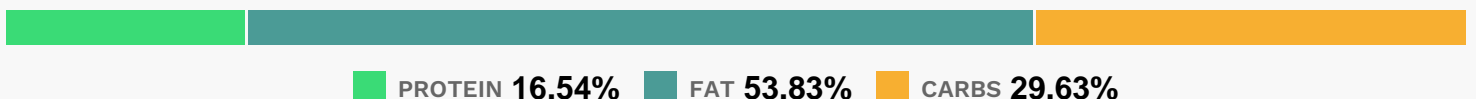
## Equipment

- oven
- whisk
- pot
- baking pan

## Directions

- Preheat the oven to 350 degrees F.
- Bring the chicken stock and 1 1/2 cups water to a boil in a pot. Reduce the heat to a simmer and gradually whisk in the cornmeal. Cook, stirring, until tender, 30 to 35 minutes (the polenta should still be thin enough to pour). Stir in the butter, parsley, nutmeg and salt and pepper to taste.
- Butter a baking dish.
- Pour in one-quarter of the polenta and top with 1 kind of diced cheese of your choice.
- Add another quarter of the polenta followed by another diced cheese.
- Add another layer of polenta and the remaining diced cheese. Top with the remaining polenta and sprinkle with the Parmigiano-Reggiano.
- Garnish with the rosemary and tomatoes. (If you are not serving immediately, let the casserole cool, then cover and refrigerate. To reheat, bring to room temperature, then bake as directed. It may take an extra 10 to 15 minutes.)
- Bake the casserole until golden, 20 to 30 minutes.
- If you have any leftovers, fry the polenta and serve it the next morning with eggs.

## Nutrition Facts



## Properties

Glycemic Index:91.63, Glycemic Load:27.83, Inflammation Score:-8, Nutrition Score:23.535217471745%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 750.71kcal (37.54%), Fat: 45.02g (69.27%), Saturated Fat: 25.7g (160.65%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 49.17g (17.88%), Sugar: 6.49g (7.22%), Cholesterol: 119.25mg (39.75%), Sodium: 1573.84mg (68.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.24%), Calcium: 594.87mg (59.49%), Phosphorus: 593.48mg (59.35%), Vitamin B2: 0.74mg (43.63%), Vitamin B6: 0.69mg (34.71%), Selenium: 24.14µg (34.49%), Zinc: 4.54mg (30.27%), Manganese: 0.54mg (27.17%), Fiber: 6.6g (26.39%), Magnesium: 104.73mg (26.18%), Vitamin A: 1295.23IU (25.9%), Vitamin B3: 4.95mg (24.76%), Vitamin B1: 0.33mg (21.81%), Vitamin B12: 1.23µg (20.46%), Vitamin K: 19.79µg (18.85%), Folate: 65.71µg (16.43%), Iron: 2.88mg (16.03%), Copper: 0.32mg (15.91%), Potassium: 538.73mg (15.39%), Vitamin B5: 1.31mg (13.07%), Vitamin E: 0.94mg (6.27%), Vitamin C: 1.98mg (2.4%), Vitamin D: 0.35µg (2.35%)