



Glazed Polenta With Hot Berry Jam

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1.3 cups blueberries frozen
- 1 tablespoon butter
- 2 teaspoons granulated sugar divided
- 4 teaspoons brown sugar light
- 0.8 cup milk 2% reduced-fat
- 5 ounces polenta cut into 1/2-inch dice
- 0.1 teaspoon salt
- 0.3 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- ramekin
- broiler

Directions

- Divide berries evenly among 4 (4-ounce) small bowls or ramekins.
- Sprinkle each with 1/2 teaspoon granulated sugar; set aside.
- Combine polenta and milk in a medium saucepan over medium heat; cook 5 minutes or until smooth and hot, stirring with a whisk.
- Remove polenta mixture from heat; stir in 1 1/2 tablespoons granulated sugar, butter, vanilla, and salt.
- Preheat broiler.
- Divide polenta mixture over fruit in bowls; sprinkle 1 teaspoon brown sugar over each bowl.
- Place bowls on a baking sheet. Broil 1 minute or until sugar melts.
- Let stand before serving.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:3.79, Inflammation Score:-3, Nutrition Score:4.8804347826087%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin:

10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 230.43kcal (11.52%), Fat: 4.31g (6.63%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 41.68g (15.16%), Sugar: 13.29g (14.77%), Cholesterol: 11.06mg (3.69%), Sodium: 81.65mg (3.55%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.98g (9.96%), Manganese: 0.21mg (10.64%), Selenium: 7.28µg (10.39%), Vitamin K: 9.96µg (9.49%), Phosphorus: 73.51mg (7.35%), Fiber: 1.75g (7%), Vitamin B2: 0.12mg (6.95%), Calcium: 61mg (6.1%), Vitamin C: 4.87mg (5.91%), Vitamin B1: 0.08mg (5.45%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 235.07IU (4.7%), Magnesium: 17.86mg (4.46%), Potassium: 155.06mg (4.43%), Vitamin B12: 0.24µg (4.01%), Vitamin B5: 0.4mg (4%), Vitamin B3: 0.68mg (3.4%), Copper: 0.06mg (2.98%), Iron: 0.53mg (2.96%), Zinc: 0.44mg (2.94%), Vitamin E: 0.38mg (2.5%), Folate: 7.09µg (1.77%)