



## Grilled Polenta

 Gluten Free

READY IN



170 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

## Ingredients

- 1 teaspoon pepper black freshly ground
- 2 teaspoons kosher salt
- 1 teaspoon freshly marjoram leaves chopped
- 0.3 cup olive oil for grilling or pan searing
- 0.8 cup parmesan grated
- 1.5 cups cooking polenta coarse-grain quick
- 1 teaspoon freshly thyme leaves chopped
- 2 tablespoons butter unsalted plus more for pan

3 cups water

## Equipment

frying pan

sauce pan

whisk

plastic wrap

grill

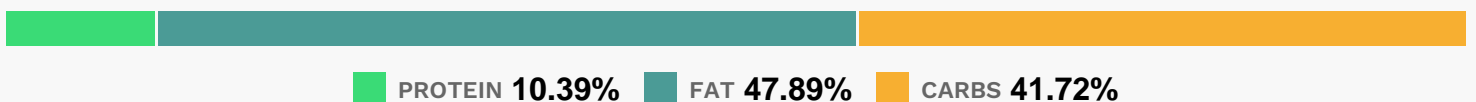
spatula

springform pan

## Directions

- In a medium saucepan, over medium-high heat, bring the water and the salt to just a boil. Reduce the heat, slowly whisk in the polenta and season with pepper. Continue to whisk until the mixture starts to tighten up, about 3 to 4 minutes.
- Add the fresh chopped herbs, 2 tablespoons of the butter and the Parmesan. Continue to stir until well combined and very thick, taste for seasoning adjustment.
- Liberally butter a 10-inch springform pan on the bottom and about 2-inches up the side.
- Pour in the hot polenta and with a rubber spatula, rubbed with butter, smooth out the top. Set aside to cool to room temperature, then cover with plastic wrap and refrigerate for 2 hours to set. (This can also be done up to 1 day ahead.)
- Preheat a grill to medium.
- When ready to grill, or pan fry, remove the polenta from the pan and cut it into equal pie shapes or cut circles with a biscuit cutter. Lightly oil a grill, brush each side of the polenta with olive oil and grill or pan sear until golden brown, about 3 minutes on each side. Arrange the polenta on a serving platter and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:3.5799999936767%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

## Nutrients (% of daily need)

Calories: 233.03kcal (11.65%), Fat: 12.38g (19.05%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.68g (8.61%), Sugar: 0.27g (0.3%), Cholesterol: 13.9mg (4.63%), Sodium: 736.89mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Calcium: 117.89mg (11.79%), Selenium: 7.23µg (10.32%), Phosphorus: 88.36mg (8.84%), Vitamin E: 1.08mg (7.18%), Vitamin K: 5.04µg (4.8%), Vitamin A: 238.74IU (4.77%), Manganese: 0.07mg (3.6%), Magnesium: 14.02mg (3.5%), Vitamin B1: 0.04mg (2.87%), Iron: 0.5mg (2.76%), Vitamin B6: 0.05mg (2.71%), Vitamin B2: 0.05mg (2.7%), Zinc: 0.4mg (2.68%), Fiber: 0.58g (2.32%), Copper: 0.05mg (2.27%), Vitamin B12: 0.12µg (1.97%), Vitamin B3: 0.39mg (1.96%), Vitamin B5: 0.2mg (1.95%), Potassium: 55.53mg (1.59%)