



Grilled Polenta Cakes

 Gluten Free

READY IN



36 min.

SERVINGS



10

CALORIES



263 kcal

Ingredients

- 0.3 cup basil whole
- 0.1 teaspoon pepper black freshly ground
- 0.5 cup parmesan shredded (you may have some left over)
- 18 ounce polenta
- 1 pinch salt
- 1 cup tomato sauce your favorite
- 0.3 cup virgin olive oil

Equipment

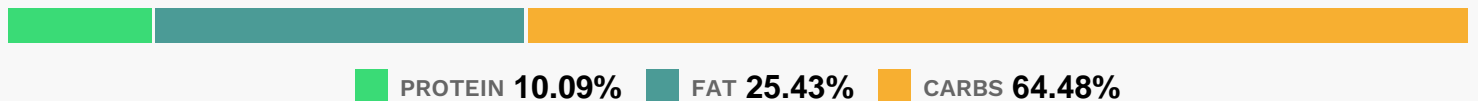
- frying pan

- baking sheet
- paper towels
- oven
- wire rack
- grill
- grill pan

Directions

- Remove polenta from casing, cut into ten 1/2-inch slices (cakes), and pat dry with paper towels.
- Brush both sides of polenta cakes with oil, and set aside.
- Heat a grill pan over high heat until hot.
- Lay polenta cakes in one layer on the pan; grill for 8–10 minutes on each side or until both sides are golden and crunchy and have grill marks.
- Remove cakes from the grill pan and let cool on a wire rack. Preheat the oven to 35
- Coat a baking sheet with cooking spray. Arrange the grilled polenta cakes on the baking sheet.
- Place 1 tablespoon of tomato sauce on each slice, then add 1–2 teaspoons Parmesan to each.
- Bake for 15 minutes.
- Garnish with basil, salt, and pepper.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:4.5143478039814%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 262.73kcal (13.14%), Fat: 7.38g (11.36%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 40.91g (14.88%), Sugar: 1.24g (1.38%), Cholesterol: 3.4mg (1.13%), Sodium: 200.75mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Selenium: 9.95µg (14.21%), Phosphorus: 78.94mg (7.89%), Vitamin E: 1.15mg (7.64%), Calcium: 64.88mg (6.49%), Vitamin K: 6.71µg (6.39%), Vitamin A: 286.12IU (5.72%), Vitamin B6: 0.1mg (5.23%), Magnesium: 20.08mg (5.02%), Vitamin B1: 0.07mg (4.96%), Fiber: 1.2g (4.8%), Iron: 0.84mg (4.66%), Manganese: 0.09mg (4.57%), Vitamin B3: 0.87mg (4.37%), Potassium: 149.43mg (4.27%), Copper: 0.07mg (3.53%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.05mg (3.14%), Zinc: 0.41mg (2.71%), Vitamin C: 1.82mg (2.21%), Folate: 5.52µg (1.38%)