



Grilled Polenta with Corn and Parmesan

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

Ingredients

- 1 cup corn kernels
- 1 garlic clove minced
- 1 cup cornmeal stone-ground
- 1 tablespoon olive oil
- 6 servings additional olive oil
- 1 small onion finely chopped
- 0.5 cup parmesan cheese freshly grated
- 1 teaspoon salt

- 3 cups water divided

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill

Directions

- Heat 1 tablespoon oil in medium skillet over medium heat.
- Add onion; sauté 5 minutes.
- Add garlic; sauté 1 minute.
- Add corn; sauté until heated through, about 3 minutes.
- Remove from heat.
- Bring 2 cups water and 1 teaspoon salt to boil in medium saucepan over medium heat.
- Whisk cornmeal and 1 cup water in medium bowl to blend.
- Whisk cornmeal-water mixture into boiling water; return to boil. Cook until polenta is smooth and thick, stirring often, about 30 minutes. Stir in corn mixture.
- Brush 11x7x2-inch dish with oil.
- Spread polenta in dish. Cool completely. (Can be made 1 day ahead. Cover; chill.)
- Prepare barbecue (medium-high heat).
- Brush grill with oil.
- Cut polenta into 12 squares.
- Brush both sides with oil.
- Place on grill; cover grill. Grill until polenta is golden brown, about 3 minutes per side, sprinkling with cheese during last minute.
- Serve hot.

Nutrition Facts

PROTEIN 7.55% FAT 59.6% CARBS 32.85%

Properties

Glycemic Index:20.92, Glycemic Load:11.81, Inflammation Score:-3, Nutrition Score:6.6230434917885%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 304.95kcal (15.25%), Fat: 20.57g (31.65%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 22.27g (8.1%), Sugar: 2.13g (2.37%), Cholesterol: 7.25mg (2.42%), Sodium: 597.3mg (25.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Vitamin E: 2.52mg (16.8%), Fiber: 3.25g (12.99%), Phosphorus: 129.18mg (12.92%), Manganese: 0.23mg (11.63%), Vitamin B6: 0.19mg (9.67%), Vitamin K: 10.08µg (9.6%), Magnesium: 37.31mg (9.33%), Zinc: 1.31mg (8.72%), Calcium: 83.62mg (8.36%), Selenium: 4.8µg (6.86%), Vitamin B1: 0.1mg (6.55%), Iron: 1.03mg (5.73%), Folate: 21.85µg (5.46%), Copper: 0.1mg (5.09%), Vitamin B2: 0.08mg (4.79%), Vitamin B3: 0.95mg (4.76%), Potassium: 156.02mg (4.46%), Vitamin B5: 0.3mg (2.99%), Vitamin B12: 0.11µg (1.88%), Vitamin C: 1.46mg (1.77%), Vitamin A: 84.66IU (1.69%)