



Grilled Polenta with Fresh Tomato Salad



Vegetarian



Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



484 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup cucumber diced english
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 tablespoon kalamata olives pitted chopped
- ☐ 1 tablespoon olive oil
- ☐ 16 ounce polenta cut into 12 1/2-inch-thick slices
- ☐ 0.3 cup onion diced red

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup tomatoes diced

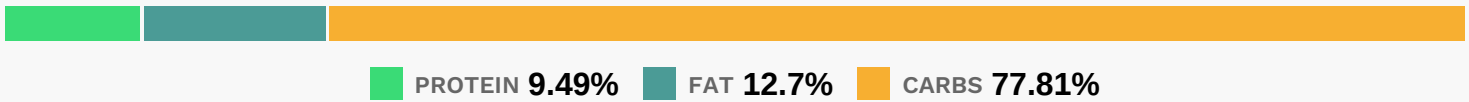
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 4 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add tomato and next 3 ingredients, and toss gently.
- ☐ Coat polenta slices with cooking spray.
- ☐ Place slices on grill rack coated with cooking spray; grill 7 to 8 minutes on each side or until lightly browned. Top polenta evenly with tomato mixture and feta cheese.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:7.3434782831565%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 484.01kcal (24.2%), Fat: 6.75g (10.38%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 92.98g (30.99%), Net Carbohydrates: 90.65g (32.97%), Sugar: 2.13g (2.37%), Cholesterol: 6.31mg (2.1%), Sodium: 260.59mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Selenium: 20.43µg (29.19%), Phosphorus: 116.25mg (11.62%), Vitamin B1: 0.17mg (11.47%), Vitamin B6: 0.23mg (11.35%), Fiber: 2.32g (9.29%), Magnesium:

36.49mg (9.12%), Vitamin A: 442.95IU (8.86%), Manganese: 0.17mg (8.65%), Vitamin B3: 1.57mg (7.83%), Iron: 1.32mg (7.36%), Vitamin B2: 0.11mg (6.69%), Vitamin B5: 0.67mg (6.66%), Potassium: 232.58mg (6.65%), Copper: 0.11mg (5.44%), Vitamin K: 5.28µg (5.03%), Zinc: 0.73mg (4.9%), Vitamin E: 0.7mg (4.65%), Calcium: 44.53mg (4.45%), Vitamin C: 3.47mg (4.21%), Folate: 13.16µg (3.29%), Vitamin B12: 0.12µg (2%)