



WHATSheATE



HEALTH SCORE

63%

Grilled Polenta with Spinach and Robiola Cheese



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby spinach
- ☐ 0.3 pound robiola cheese cut into 8 slices, at room temperature
- ☐ 2 large garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 4 servings pepper freshly ground
- ☐ 1 cup polenta instant
- ☐ 4 servings salt

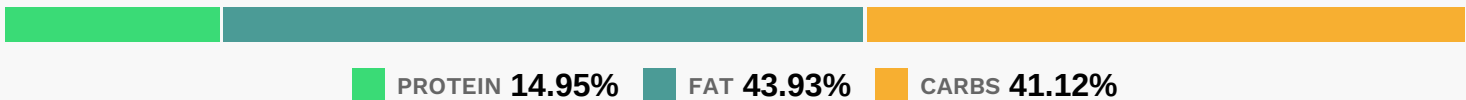
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Lightly oil a 9-inch round glass baking dish. In a medium saucepan, bring 3 cups of water to a boil.
- ☐ Add 1 1/2 teaspoons of salt and slowly whisk in the polenta. Cook over low heat, whisking constantly, until the polenta is thick, about 5 minutes.
- ☐ Pour the hot polenta into the baking dish and cover the surface directly with plastic wrap.
- ☐ Let stand until firm, about 25 minutes.
- ☐ In a large, deep skillet, heat the 2 tablespoons of olive oil.
- ☐ Add the garlic and cook over moderate heat until golden brown, about 30 seconds. Increase the heat to moderately high and add the spinach, stirring to wilt it. Season with salt and pepper. Keep the spinach warm.
- ☐ Light a grill and oil the grates.
- ☐ Cut the polenta into 8 wedges and grill over moderately high heat until crisp and lightly charred, 5 minutes per side.
- ☐ Place 2 wedges on each plate; top each with 2 robiola slices. Spoon the warm spinach on top and serve.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:26.823043341222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 353.59kcal (17.68%), Fat: 17.57g (27.03%), Saturated Fat: 6.54g (40.91%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 33.82g (12.3%), Sugar: 0.84g (0.93%), Cholesterol: 28.35mg (9.45%), Sodium: 469.59mg (20.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin K: 552.92µg (526.59%), Vitamin A: 11003.15IU (220.06%), Folate: 228µg (57%), Manganese: 1.1mg (55.02%), Vitamin C: 32.33mg (39.19%), Calcium: 316.84mg (31.68%), Magnesium: 108.52mg (27.13%), Vitamin E: 3.52mg (23.5%), Selenium: 16.13µg (23.05%), Phosphorus: 216.88mg (21.69%), Vitamin B2: 0.36mg (21%), Potassium: 716.5mg (20.47%), Iron: 3.59mg (19.96%), Vitamin B6: 0.32mg (15.9%), Fiber: 3.19g (12.75%), Zinc: 1.82mg (12.16%), Vitamin B1: 0.15mg (10.1%), Copper: 0.19mg (9.63%), Vitamin B3: 1.32mg (6.62%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.39mg (3.94%), Vitamin D: 0.17µg (1.13%)