



Grilled Polenta with Tomatoes and White Beans

 Gluten Free  Very Healthy

READY IN



15 min.

SERVINGS



3

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 17 ounce basil cut into 9 slices
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce cannellini beans rinsed drained canned
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 cups grape tomatoes halved
- ☐ 2 teaspoons olive oil

- ☐ 2 ounces parmesan grated
- ☐ 1 tablespoon citrus champagne vinegar

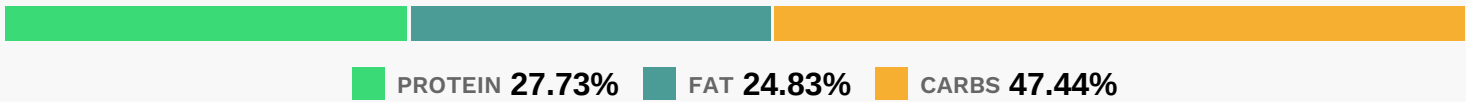
Equipment

- ☐ frying pan
- ☐ grill pan
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ Heat a grill pan or nonstick skillet over medium-high heat. Coat pan and polenta slices with cooking spray.
- ☐ Place polenta slices on grill pan or skillet; cook 2 minutes on each side or until golden brown.
- ☐ Remove from pan; keep warm.
- ☐ While polenta cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add tomatoes and garlic to skillet; saut 4 minutes or until tomatoes soften and garlic is tender. Reduce heat to low. Stir in beans and next 3 ingredients. Cook, stirring constantly, 2 minutes or until thoroughly heated.
- ☐ Place 3 polenta slices on each of 3 plates. Spoon tomato mixture evenly over polenta, and sprinkle evenly with cheese.
- ☐ Garnish with rosemary sprigs, if desired.
- ☐ Shortcut kitchen tip
- ☐ To quickly remove fresh rosemary leaves from the tough, woody stem, hold the top of the rosemary sprig with the leaves pointing upward over a cutting board. With the other hand, run your fingers along the stem against the direction of the leaves, pinching tightly. Your fingers will separate the leaves from the stem. Mound the leaves together on your cutting board, and then chop the leaves with a chef's knife.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:9.77, Inflammation Score:-10, Nutrition Score:38.237391186797%

Flavonoids

Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 318.5kcal (15.92%), Fat: 9.2g (14.16%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 28.92g (10.51%), Sugar: 3.68g (4.09%), Cholesterol: 12.85mg (4.28%), Sodium: 322.09mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Vitamin K: 680.88µg (648.45%), Vitamin A: 9451.75IU (189.04%), Manganese: 2.75mg (137.44%), Calcium: 626.37mg (62.64%), Iron: 9.84mg (54.69%), Folate: 217.74µg (54.44%), Vitamin C: 43.19mg (52.35%), Copper: 1.02mg (51.04%), Magnesium: 195.38mg (48.84%), Fiber: 10.66g (42.63%), Potassium: 1382.8mg (39.51%), Phosphorus: 377.71mg (37.77%), Zinc: 3.6mg (24.03%), Vitamin B6: 0.48mg (23.87%), Vitamin E: 3.37mg (22.47%), Vitamin B1: 0.24mg (15.93%), Vitamin B2: 0.26mg (15.22%), Vitamin B3: 2.27mg (11.33%), Selenium: 7.29µg (10.42%), Vitamin B5: 0.79mg (7.87%), Vitamin B12: 0.23µg (3.78%)