



Herb-Roasted Chicken & Polenta

 Gluten Free

READY IN



113 min.

SERVINGS



53

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 tsp rosemary fresh chopped
- 1 Tbsp thyme leaves fresh
- 4 cloves garlic minced
- 2 green onions sliced
- 2.5 cups milk
- 0.3 tsp pepper
- 3.5 lb roasting chickens whole

- 0.5 tsp salt
- 0.3 cup tuscan house dressing italian kraft
- 0.5 cup cornmeal yellow

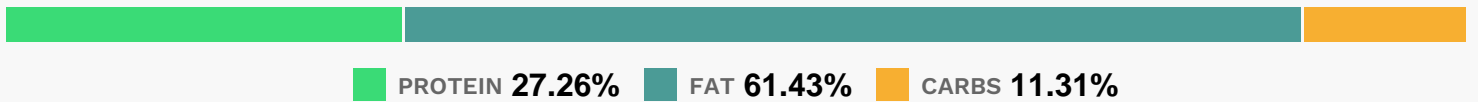
Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F.
- Mix first 5 ingredients; brush over chicken in 13x9-inch baking dish.
- Bake 1-1/2 hours or until chicken is done (165F), basting occasionally with juices in bottom of baking dish.
- Remove from oven; cover. Set aside.
- Bring milk and salt just to boil in saucepan on medium heat, stirring occasionally. Graually add cornmeal, whisking constantly; cook and stir on low heat 5 min.
- Add cheese and onions; cook 2 to 3 min. or until cheese is melted, stirring constantly. Spoon onto platter. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:2.7178260994994%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 71.27kcal (3.56%), Fat: 4.8g (7.39%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.72g (0.8%), Cholesterol: 22.32mg (7.44%), Sodium: 66.54mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin B3: 1.46mg (7.32%), Phosphorus: 61.7mg (6.17%), Vitamin B12: 0.3µg (5.02%), Selenium: 3.51µg (5.01%), Vitamin A: 236.38IU (4.73%), Vitamin B6: 0.09mg (4.58%), Vitamin B2: 0.07mg (3.84%), Calcium: 33.06mg (3.31%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.29mg (2.86%), Iron: 0.39mg (2.15%), Magnesium: 8.17mg (2.04%), Potassium: 70.79mg (2.02%), Folate: 7.03µg (1.76%), Vitamin B1: 0.03mg (1.7%), Vitamin K: 1.67µg (1.59%), Manganese: 0.02mg (1.24%), Vitamin C: 0.9mg (1.09%)