



Herbed Polenta "Fries"

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

Ingredients

- ☐ 4 servings olive oil for brushing
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup polenta (not quick-cooking)
- ☐ 1 teaspoon rosemary chopped
- ☐ 1 teaspoon sage chopped
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 3.3 cups water cold

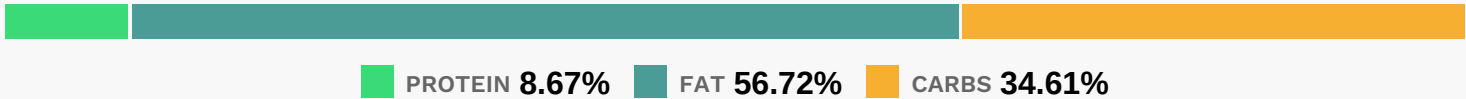
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Brush an 8-inch square baking dish with oil.
- ☐ Combine water, polenta, herbs, and 3/4 teaspoon salt in a heavy medium saucepan and bring to a boil over medium heat, whisking. Reduce heat to medium-low and cook, stirring constantly with a long-handled wooden spoon, until polenta begins to pull away from side of pan, 15 to 20 minutes. Stir in cheese and butter until incorporated, then transfer polenta to baking dish, spreading evenly with a dampened rubber spatula. Chill, uncovered, until set, about 45 minutes.
- ☐ Preheat broiler. Line a baking sheet with foil and brush with oil.
- ☐ Unmold polenta, then cut into 16 (about 4- by 1-inch) sticks.
- ☐ Brush tops with oil and space evenly on baking sheet. Broil about 4 inches from heat until golden, 15 to 20 minutes.
- ☐ Polenta can be cooked (but not broiled) 1 day ahead and chilled (covered once cool).

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:8.4139130926974%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 371.23kcal (18.56%), Fat: 23.41g (36.02%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 31.47g (11.44%), Sugar: 0.36g (0.4%), Cholesterol: 23.55mg (7.85%), Sodium: 211.35mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Copper: 1.58mg (79.07%), Calcium: 159.98mg (16%), Vitamin E: 2.21mg (14.71%), Selenium: 9.64µg (13.77%), Phosphorus: 117.65mg (11.76%), Vitamin K: 9.25µg (8.81%), Vitamin A: 358.4IU (7.17%), Magnesium: 19.2mg (4.8%), Manganese: 0.1mg (4.76%), Vitamin B1: 0.06mg (3.9%), Zinc: 0.54mg (3.62%), Iron: 0.64mg (3.57%), Vitamin B2: 0.06mg (3.56%), Vitamin B6: 0.07mg (3.52%), Fiber: 0.68g (2.73%), Vitamin B12: 0.16µg (2.7%), Vitamin B5: 0.26mg (2.57%), Vitamin B3: 0.51mg (2.57%), Potassium: 70.15mg (2%), Vitamin D: 0.17µg (1.12%)