



## Herbed Polenta with Parmigiano-Reggiano

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 32 ounce less-sodium chicken broth fat-free
- 0.3 cup flat-leaf parsley fresh chopped
- 1 tablespoon rosemary fresh chopped
- 0.5 cup parmigiano-reggiano cheese fresh grated
- 0.3 teaspoon salt
- 1 cup cornmeal yellow

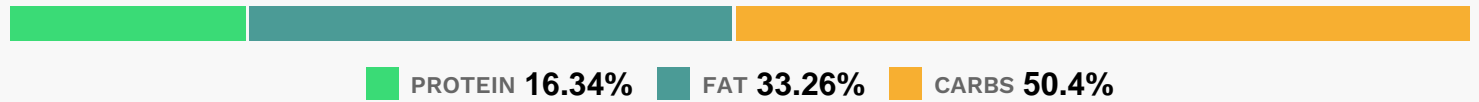
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Bring first 5 ingredients to a boil in a large saucepan over medium heat. Gradually add cornmeal, stirring constantly with a whisk. Cook 3 minutes or until thick and bubbly, stirring constantly.
- Remove from heat; stir in cheese and parsley. Spoon into individual bowls.
- Garnish with flat-leaf parsley sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:34.92, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:8.0282608750074%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 158.96kcal (7.95%), Fat: 5.9g (9.08%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 17.47g (6.35%), Sugar: 0.73g (0.81%), Cholesterol: 10.68mg (3.56%), Sodium: 866.38mg (37.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin K: 41.63µg (39.65%), Phosphorus: 136.58mg (13.66%), Calcium: 112.17mg (11.22%), Manganese: 0.22mg (10.84%), Fiber: 2.66g (10.65%), Selenium: 6.83µg (9.75%), Vitamin B6: 0.19mg (9.45%), Magnesium: 35.42mg (8.86%), Vitamin B3: 1.56mg (7.8%), Zinc: 1.12mg (7.43%), Iron: 1.27mg (7.04%), Vitamin A: 344.65IU (6.89%), Vitamin B12: 0.41µg (6.77%), Vitamin B1: 0.1mg (6.39%), Vitamin B2: 0.09mg (5.18%), Copper: 0.1mg (5.13%), Potassium: 157.23mg (4.49%), Vitamin C: 3.4mg (4.12%), Vitamin B5: 0.39mg (3.94%), Folate: 15.37µg (3.84%), Vitamin E: 0.19mg (1.27%)