



How to Make Perfect Polenta

 **Gluten Free**

READY IN



55 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 0.5 cup parmigiano-reggiano cheese freshly grated plus more for garnish
- ☐ 1 cup polenta
- ☐ 1 teaspoon salt fine
- ☐ 4 cups water

Equipment

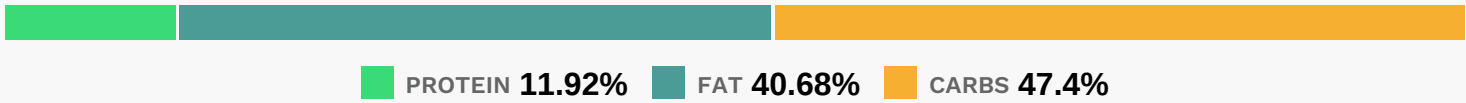
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Bring water and salt to a boil in a large saucepan; pour polenta slowly into boiling water, whisking constantly until all polenta is stirred in and there are no lumps.
- ☐ Reduce heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 30 minutes, whisking every 5 to 6 minutes. When polenta is too thick to whisk, stir with a wooden spoon. Polenta is done when texture is creamy and the individual grains are tender.
- ☐ Turn off heat and gently stir 2 tablespoons butter into polenta until butter partially melts; mix 1/2 cup Parmigiano-Reggiano cheese into polenta until cheese has melted. Cover and let stand 5 minutes to thicken; stir and taste for salt before transferring to a serving bowl. Top polenta with remaining 1 tablespoon butter and about 1 tablespoon freshly grated Parmigiano-Reggiano cheese for garnish.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.1273912437584%

Nutrients (% of daily need)

Calories: 271.76kcal (13.59%), Fat: 12.22g (18.8%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 31.41g (11.42%), Sugar: 0.36g (0.4%), Cholesterol: 31.08mg (10.36%), Sodium: 861.36mg (37.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Calcium: 158.77mg (15.88%), Selenium: 9.68µg (13.82%), Phosphorus: 118.29mg (11.83%), Vitamin A: 445.08IU (8.9%), Magnesium: 18.82mg (4.71%), Vitamin B1: 0.06mg (3.81%), Zinc: 0.54mg (3.61%), Copper: 0.07mg (3.61%), Vitamin B2: 0.06mg (3.59%), Vitamin B6: 0.07mg (3.51%), Iron: 0.51mg (2.82%), Vitamin B12: 0.17µg (2.8%), Vitamin B5: 0.26mg (2.61%), Vitamin B3: 0.52mg (2.58%), Fiber: 0.64g (2.54%), Manganese: 0.05mg (2.31%), Potassium: 68.6mg (1.96%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.07µg (1.02%)