



Mexican Polenta Pie

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



238 kcal

Ingredients

- 0.8 cup cornmeal
- 2 cups water
- 0.3 teaspoon salt
- 1 eggs slightly beaten
- 15 ounces chili beans sauce drained canned
- 0.8 cup monterrey jack cheese shredded with jalapeño peppers (3 ounces)
- 0.3 cup tortilla chips crushed

Equipment

- sauce pan

oven

Directions

- Heat oven to 375°F. Grease pie plate, 9x1 1/4 inches.
- Mix cornmeal, water and salt in 2-quart saucepan.
- Heat to boiling, stirring constantly; reduce heat to medium. Cook about 6 minutes, stirring frequently, until mixture is very thick; remove from heat. Quickly stir in egg.
- Let stand 5 minutes.
- Spread cornmeal mixture in pie plate.
- Bake uncovered 15 minutes.
- Spread beans over cornmeal mixture.
- Sprinkle with cheese and corn chips.
- Bake uncovered about 20 minutes or until center is set.
- Let stand 5 minutes before cutting.

Nutrition Facts

 **PROTEIN 17.32%**  **FAT 30.83%**  **CARBS 51.85%**

Properties

Glycemic Index:15.92, Glycemic Load:8.67, Inflammation Score:-4, Nutrition Score:9.2869565590568%

Nutrients (% of daily need)

Calories: 238.4kcal (11.92%), Fat: 8.18g (12.58%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 25.76g (9.37%), Sugar: 4.18g (4.64%), Cholesterol: 39.85mg (13.28%), Sodium: 731.59mg (31.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Phosphorus: 245.47mg (24.55%), Fiber: 5.19g (20.76%), Zinc: 2.65mg (17.66%), Vitamin B6: 0.34mg (17.18%), Magnesium: 64.01mg (16%), Calcium: 141.84mg (14.18%), Vitamin B2: 0.22mg (12.82%), Copper: 0.26mg (12.77%), Iron: 2.24mg (12.45%), Potassium: 416.14mg (11.89%), Selenium: 6.69µg (9.56%), Folate: 31.94µg (7.99%), Vitamin B1: 0.1mg (6.8%), Manganese: 0.13mg (6.56%), Vitamin B3: 0.82mg (4.09%), Vitamin E: 0.56mg (3.74%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.19µg (3.16%), Vitamin A: 156.92IU (3.14%), Vitamin K: 2.03µg (1.94%), Vitamin D: 0.23µg (1.54%), Vitamin C: 1.2mg (1.46%)