



Morgan's Breakfast Polenta



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 tablespoons garnish: blackberry jam
- ☐ 3 cups milk
- ☐ 1 cup polenta dry
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

Equipment

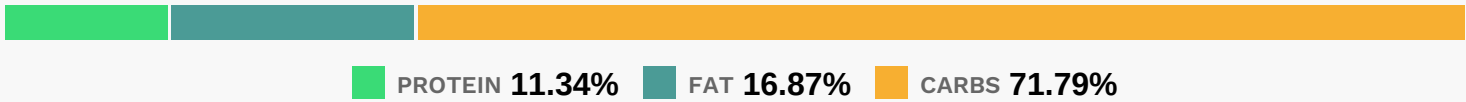
- ☐ bowl
- ☐ frying pan

☐ ladle

Directions

- ☐ In a medium pan over high heat, bring to boil milk and water. Reduce heat to simmer liquid. Stirring constantly, pour in polenta in a thin, steady stream, breaking up any lumps that form. Stir in 2 tablespoons sugar and salt. Simmer, stirring often, until polenta is soft and creamy, about 30 minutes.
- ☐ In a small bowl, mix sour cream and 1 tablespoon sugar.
- ☐ Ladle polenta into bowls, and top with about 1 tablespoon of jam and a dollop of sweetened sour cream.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:9.62, Inflammation Score:-3, Nutrition Score:5.6034782179024%

Nutrients (% of daily need)

Calories: 227.12kcal (11.36%), Fat: 4.24g (6.52%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 39.93g (14.52%), Sugar: 15.74g (17.49%), Cholesterol: 14.64mg (4.88%), Sodium: 252.73mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Calcium: 158.26mg (15.83%), Phosphorus: 146.37mg (14.64%), Vitamin B2: 0.19mg (11.42%), Vitamin B12: 0.66µg (10.98%), Selenium: 7.22µg (10.32%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.11mg (7.06%), Potassium: 234.74mg (6.71%), Magnesium: 23.78mg (5.95%), Vitamin B5: 0.59mg (5.88%), Vitamin B6: 0.12mg (5.87%), Vitamin A: 254.35IU (5.09%), Zinc: 0.63mg (4.22%), Copper: 0.06mg (3.01%), Fiber: 0.64g (2.58%), Vitamin B3: 0.45mg (2.27%), Vitamin C: 1.76mg (2.13%), Manganese: 0.04mg (2.07%), Iron: 0.36mg (2.03%)