



Oven-Baked Creamy Polenta

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- 0.8 cup cornmeal
- 1.3 teaspoons salt
- 0.1 teaspoon pepper
- 0.3 cup milk
- 2 tablespoons butter
- 1 teaspoon marjoram dried fresh chopped (or)

Equipment

- sauce pan

oven

whisk

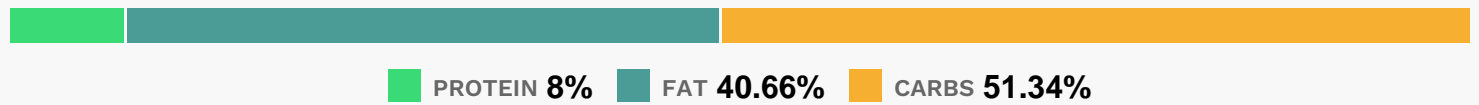
Directions

Preheat oven to 425 degrees. In an ovenproof saucepan with a lid, whisk together 3 cups water, cornmeal, salt, and pepper. Cover, and bake 30 minutes, stirring halfway through.

Remove from oven, and add milk, butter, and marjoram; whisk briskly until smooth.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:13.25, Inflammation Score:-3, Nutrition Score:4.3452174023766%

Nutrients (% of daily need)

Calories: 174.04kcal (8.7%), Fat: 7.92g (12.19%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 19.68g (7.16%), Sugar: 1.2g (1.34%), Cholesterol: 16.88mg (5.63%), Sodium: 778.74mg (33.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Fiber: 2.83g (11.31%), Manganese: 0.2mg (10.15%), Vitamin B6: 0.19mg (9.29%), Magnesium: 34.08mg (8.52%), Phosphorus: 84.34mg (8.43%), Zinc: 1mg (6.64%), Vitamin B1: 0.1mg (6.56%), Iron: 0.93mg (5.14%), Vitamin A: 201.99IU (4.04%), Vitamin B3: 0.76mg (3.79%), Copper: 0.07mg (3.7%), Potassium: 121.91mg (3.48%), Selenium: 2.15µg (3.08%), Vitamin B2: 0.05mg (3.02%), Folate: 10.43µg (2.61%), Vitamin B5: 0.24mg (2.43%), Calcium: 23.45mg (2.35%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.17µg (1.12%)