



Pan-fried Polenta

 Gluten Free

READY IN



220 min.

SERVINGS



10

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 0.5 cup celery finely chopped
- ☐ 58 oz chicken broth canned
- ☐ 3 tablespoons sage fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup onion sweet finely chopped
- ☐ 2 cups cornmeal plain yellow

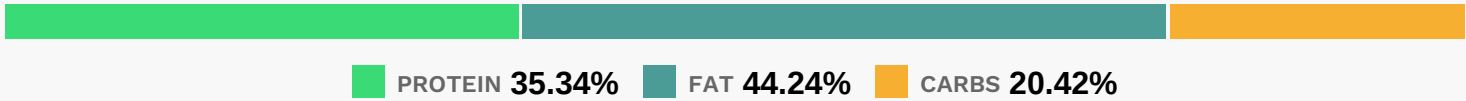
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Melt 1/4 cup butter in a Dutch oven over medium heat; add onion, celery, and garlic, and saut 3 to 5 minutes or until tender.
- ☐ Add broth, and bring to a boil; gradually stir in cornmeal and next 3 ingredients. Reduce heat to low, and cook, stirring often, 10 minutes.
- ☐ Remove from heat, and stir in cheese.
- ☐ Pour mixture into a lightly greased 13- x 9-inch baking dish; cover and chill 3 to 12 hours or until firm.
- ☐ Cut polenta into 12 triangles.
- ☐ Melt 1 Tbsp. butter in a large nonstick skillet over medium-high heat.
- ☐ Add 3 polenta triangles, and cook 2 to 3 minutes on each side or until golden brown.
- ☐ Transfer to a serving dish, and keep warm. Repeat procedure with remaining polenta and 3 Tbsp. butter.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:13.93, Inflammation Score:-6, Nutrition Score:19.471304162689%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg,

Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 537.04kcal (26.85%), Fat: 25.91g (39.86%), Saturated Fat: 10.69g (66.84%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 23.57g (8.57%), Sugar: 1.18g (1.31%), Cholesterol: 110.97mg (36.99%), Sodium: 1075.78mg (46.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.56g (93.13%), Copper: 5.63mg (281.46%), Selenium: 34.2µg (48.85%), Phosphorus: 363.74mg (36.37%), Zinc: 5.39mg (35.92%), Vitamin B12: 1.73µg (28.85%), Vitamin B6: 0.53mg (26.57%), Vitamin B3: 4.78mg (23.89%), Manganese: 0.42mg (21.23%), Iron: 3.38mg (18.76%), Magnesium: 72.26mg (18.07%), Fiber: 3.35g (13.38%), Vitamin B2: 0.22mg (13.14%), Vitamin A: 641.32IU (12.83%), Potassium: 404.74mg (11.56%), Calcium: 89.67mg (8.97%), Vitamin B1: 0.11mg (7.33%), Vitamin E: 0.95mg (6.33%), Vitamin K: 6.41µg (6.11%), Folate: 19.35µg (4.84%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.19µg (1.26%), Vitamin C: 0.92mg (1.11%)