



Parmesan Pepper Polenta with Roasted Tomatoes

 Gluten Free

READY IN



27 min.

SERVINGS



5

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup julienne-cut bell pepper yellow
- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 3 pints grape tomatoes
- ☐ 0.8 cup half-and-half

- ☐ 2 teaspoons olive oil
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 14 ounce vegetable broth canned
- ☐ 2.3 cups water divided
- ☐ 1.5 cups cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 7 ingredients in a large bowl; toss gently to coat. Arrange vegetable mixture on a foil-lined jelly roll pan.
- ☐ Bake at 425 for 15 minutes or until vegetables are tender and begin to brown.
- ☐ Drizzle with vinegar, tossing to coat.
- ☐ Meanwhile, combine vegetable broth and 1 3/4 cups water in a large saucepan; bring to a boil.
- ☐ Combine cornmeal and remaining water, stirring until smooth; gradually stir into vegetable broth mixture. Bring to a boil; reduce heat to medium, and cook, stirring constantly, 3 minutes or until very thick.
- ☐ Remove from heat; stir in half-and-half, cheese, pepper, and salt. Spoon polenta onto plates and top with roasted vegetables.

Nutrition Facts



 PROTEIN **15.35%**  FAT **31.55%**  CARBS **53.1%**

Properties

Glycemic Index:63.5, Glycemic Load:24.68, Inflammation Score:-10, Nutrition Score:24.658695565618%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 378.76kcal (18.94%), Fat: 13.63g (20.96%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 43.25g (15.73%), Sugar: 10.57g (11.75%), Cholesterol: 24.27mg (8.09%), Sodium: 752.07mg (32.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.83%), Vitamin C: 70.79mg (85.81%), Vitamin A: 2990.96IU (59.82%), Vitamin K: 51.2µg (48.77%), Manganese: 0.78mg (38.82%), Phosphorus: 339.51mg (33.95%), Fiber: 8.34g (33.35%), Vitamin B6: 0.62mg (30.83%), Calcium: 289.52mg (28.95%), Potassium: 955.08mg (27.29%), Magnesium: 99.7mg (24.93%), Vitamin B1: 0.28mg (18.61%), Zinc: 2.68mg (17.88%), Copper: 0.35mg (17.34%), Folate: 67.84µg (16.96%), Vitamin B3: 3.14mg (15.72%), Iron: 2.75mg (15.26%), Vitamin B2: 0.24mg (14%), Vitamin E: 2.09mg (13.91%), Selenium: 8.43µg (12.04%), Vitamin B5: 0.78mg (7.79%), Vitamin B12: 0.27µg (4.55%)