



Parmesan Polenta

 Gluten Free

READY IN



6 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 teaspoon rosemary fresh chopped
- 2 cups grits instant uncooked
- 1 ounce parmesan cheese shredded
- 0.3 teaspoon salt
- 2.8 cups water boiling

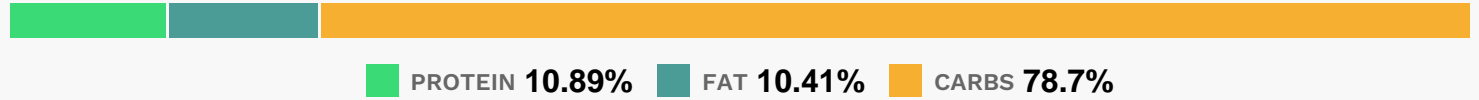
Equipment

- bowl

Directions

- Combine boiling water and grits in a medium bowl. Stir in cheese and remaining ingredients.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:14.128695493159%

Nutrients (% of daily need)

Calories: 205.64kcal (10.28%), Fat: 2.34g (3.6%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 37.56g (13.66%), Sugar: 0.82g (0.92%), Cholesterol: 3.21mg (1.07%), Sodium: 724.05mg (31.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Iron: 20.21mg (112.26%), Vitamin B1: 1.01mg (67.6%), Calcium: 256.61mg (25.66%), Vitamin B3: 4.7mg (23.48%), Folate: 91.9µg (22.97%), Vitamin B2: 0.38mg (22.26%), Selenium: 9.96µg (14.23%), Phosphorus: 94.43mg (9.44%), Fiber: 2.23g (8.91%), Manganese: 0.13mg (6.46%), Magnesium: 25.31mg (6.33%), Vitamin B6: 0.12mg (5.94%), Zinc: 0.49mg (3.24%), Potassium: 91.45mg (2.61%), Copper: 0.04mg (1.84%), Vitamin B5: 0.15mg (1.5%)