



Parmesan Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving pepper black freshly-ground to taste
- 1 cup chicken broth
- 24 oz precooked polenta tube prepared
- 1 cup parmesan cheese grated

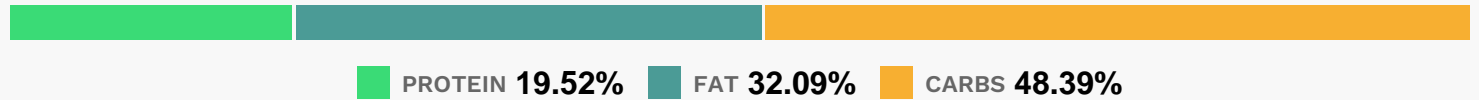
Equipment

- sauce pan

Directions

- Cut polenta into large pieces and heat with broth in medium saucepan over medium-low heat about 5 minutes, mashing and stirring polenta as it cooks until smooth.
- Add cheese and stir until melted, about 1 minute. Season to taste with pepper. This recipe yields 6 servings.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:20.755652173913%

Nutrients (% of daily need)

Calories: 836.78kcal (41.84%), Fat: 29.79g (45.83%), Saturated Fat: 15.7g (98.14%), Carbohydrates: 101.06g (33.69%), Net Carbohydrates: 99g (36%), Sugar: 1.76g (1.96%), Cholesterol: 91.7mg (30.57%), Sodium: 2635.48mg (114.59%), Protein: 40.78g (81.55%), Calcium: 914.25mg (91.43%), Selenium: 54.32µg (77.59%), Phosphorus: 718.4mg (71.84%), Zinc: 4.97mg (33.15%), Vitamin B2: 0.52mg (30.86%), Vitamin B12: 1.4µg (23.28%), Vitamin A: 1081.17IU (21.62%), Magnesium: 71.54mg (17.89%), Manganese: 0.33mg (16.42%), Vitamin B1: 0.19mg (12.81%), Vitamin B6: 0.22mg (11.21%), Potassium: 370.51mg (10.59%), Copper: 0.2mg (9.95%), Iron: 1.71mg (9.52%), Vitamin B3: 1.78mg (8.92%), Vitamin B5: 0.88mg (8.78%), Fiber: 2.07g (8.27%), Vitamin E: 0.74mg (4.94%), Vitamin D: 0.5µg (3.33%), Folate: 12.82µg (3.21%), Vitamin K: 1.86µg (1.77%)