



Pepper-Spiked Polenta

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper red crushed
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 4 cups water
- 1 cup cornmeal yellow

Equipment

- microwave

Directions

- Coat a 2-quart casserole with cooking spray.
- Combine water, cornmeal, salt, and pepper; mix well. Cover with casserole lid; microwave at HIGH 12 minutes or until thick, stirring after 6 minutes. Stir in cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:17.29, Inflammation Score:-3, Nutrition Score:5.8356521343407%

Nutrients (% of daily need)

Calories: 179.3kcal (8.97%), Fat: 4.11g (6.32%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 26.03g (9.47%), Sugar: 0.63g (0.7%), Cholesterol: 5.44mg (1.81%), Sodium: 415.53mg (18.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Fiber: 3.78g (15.12%), Manganese: 0.26mg (13.15%), Phosphorus: 129.44mg (12.94%), Vitamin B6: 0.24mg (12.11%), Magnesium: 47.28mg (11.82%), Zinc: 1.53mg (10.22%), Vitamin B1: 0.12mg (8.08%), Copper: 0.14mg (6.9%), Iron: 1.24mg (6.89%), Selenium: 4.6µg (6.57%), Calcium: 65.33mg (6.53%), Vitamin B3: 1mg (5.01%), Potassium: 141.99mg (4.06%), Vitamin B2: 0.06mg (3.51%), Folate: 13.93µg (3.48%), Vitamin B5: 0.26mg (2.58%), Vitamin A: 91.13IU (1.82%), Vitamin E: 0.23mg (1.51%), Vitamin B12: 0.08µg (1.41%)