



Polenta and Chicken Tartlets



Gluten Free

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READY IN

ready

65 min.

SERVINGS

servings

6

CALORIES

calories

570 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup pesto store-bought
- ☐ 2.5 cups polenta instant
- ☐ 2 cups roasted chicken shredded store-bought
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon salt

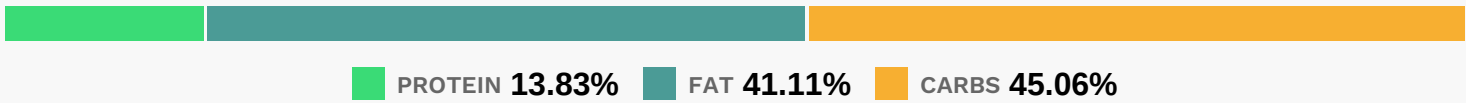
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ cookie cutter

Directions

- ☐ Special equipment: 2-inch diameter scalloped cookie cutter
- ☐ For the tartlets: Make the polenta according to package instructions. Just before the polenta is finished thickening, add the cream, salt, and pepper.
- ☐ Pour the polenta onto a greased, rimmed baking sheet. Set aside to cool and firm up, about 30 minutes.
- ☐ For the topping: In a medium bowl, combine the chicken, pesto, salt, and pepper. Stir to combine.
- ☐ To assemble: Using a 2-inch diameter scalloped cookie cutter, cut the polenta into tartlet shapes, about 24, and place them on a serving platter. Top each polenta tartlet with a spoonful of chicken. Top the chicken with a few dried cranberries.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:9.2113042992094%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 570.31kcal (28.52%), Fat: 25.97g (39.96%), Saturated Fat: 11.41g (71.29%), Carbohydrates: 64.04g (21.35%), Net Carbohydrates: 62.05g (22.56%), Sugar: 9.58g (10.64%), Cholesterol: 81.48mg (27.16%), Sodium: 724.64mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.33%), Selenium: 24.01µg (34.3%), Vitamin A: 1162.02IU (23.24%), Vitamin B3: 4.56mg (22.78%), Phosphorus: 162.17mg (16.22%), Vitamin B6: 0.31mg (15.36%), Vitamin B2: 0.17mg (10.17%), Vitamin B5: 0.9mg (9.01%), Vitamin B1: 0.12mg (8.3%), Iron: 1.45mg (8.08%), Fiber: 1.99g (7.96%), Magnesium: 31.31mg (7.83%), Zinc: 1.09mg (7.27%), Potassium: 243.68mg (6.96%), Manganese: 0.14mg (6.92%), Calcium: 68.69mg (6.87%), Copper: 0.09mg (4.54%), Vitamin D: 0.63µg (4.23%), Vitamin E: 0.58mg (3.86%), Vitamin B12: 0.2µg (3.31%), Vitamin K: 2.64µg (2.52%), Folate: 7.28µg (1.82%)