



Polenta Bites with Blue Cheese, Tomatoes, and Pine Nuts

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces cheese blue soft cut into 24 cubes (such as Saga)
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 12 grape tomatoes quartered
- ☐ 3 tablespoons green onion thinly sliced
- ☐ 3 cups low-salt chicken broth
- ☐ 1 cup parmesan cheese grated
- ☐ 2 tablespoons pinenuts toasted

☐ 1 cup cornmeal yellow

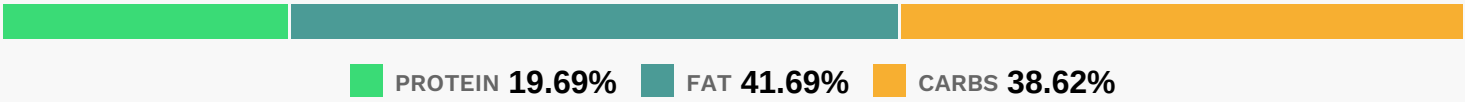
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Lightly butter 24 mini muffin cups (each about 1 3/4 inches in diameter with 1/2-inch-high sides).
- ☐ Bring broth to boil in medium saucepan over medium-high heat. Reduce heat to medium; gradually whisk in cornmeal. Cook until mixture is very thick, stirring constantly, about 2 minutes.
- ☐ Remove from heat. Stir in Parmesan. Season with salt.
- ☐ Spoon 1 1/2 tablespoons hot polenta into each muffin cup. Using back of spoon, pack polenta firmly into cups. Using finger, make indentation in center of each polenta tart for filling. Chill until cold and set, about 3 hours. (Can be made 1 day ahead. Cover; keep chilled.)
- ☐ Preheat oven to 350°F. Line baking sheet with foil. Using tip of knife, lift polenta tarts from pan.
- ☐ Transfer tarts, indented side up, to prepared baking sheet.
- ☐ Place 1 blue cheese cube in each indentation.
- ☐ Sprinkle green onion and pine nuts over cheese. Top each tart with 2 tomato quarters.
- ☐ Bake until cheese is melted and polenta is warmed through, about 5 minutes.
- ☐ Transfer tarts to platter; sprinkle with basil and serve.

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:3, Inflammation Score:-2, Nutrition Score:2.7421739088452%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 63.46kcal (3.17%), Fat: 3g (4.62%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.48g (1.99%), Sugar: 0.43g (0.48%), Cholesterol: 5.4mg (1.8%), Sodium: 109.77mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Phosphorus: 66.52mg (6.65%), Manganese: 0.13mg (6.62%), Calcium: 52.7mg (5.27%), Zinc: 0.55mg (3.67%), Vitamin B3: 0.69mg (3.44%), Vitamin K: 3.51µg (3.34%), Magnesium: 12.67mg (3.17%), Selenium: 2.21µg (3.16%), Fiber: 0.78g (3.11%), Vitamin B6: 0.06mg (2.88%), Vitamin A: 141.38IU (2.83%), Copper: 0.05mg (2.55%), Potassium: 88.1mg (2.52%), Vitamin B2: 0.04mg (2.51%), Iron: 0.37mg (2.06%), Vitamin B12: 0.11µg (1.91%), Vitamin B1: 0.03mg (1.89%), Vitamin C: 1.34mg (1.63%), Folate: 5.5µg (1.38%), Vitamin E: 0.18mg (1.21%), Vitamin B5: 0.1mg (1.05%)