

Polenta Croutons

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.8 cup grain cornmeal whole yellow
- 0.5 cup half-and-half
- 0.8 teaspoon sea salt
- 3.5 cups water

Equipment

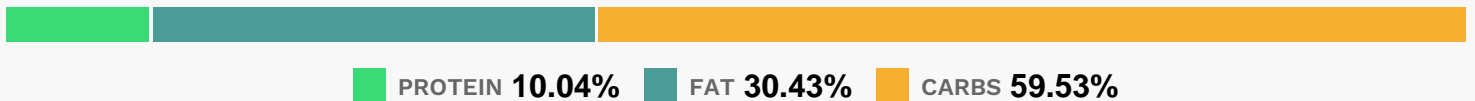
- baking sheet
- sauce pan
- oven

- whisk
- wire rack
- baking pan
- spatula

Directions

- Bring water and salt to a boil in a large saucepan.
- Add cornmeal, stirring constantly with a whisk until cornmeal begins to absorb liquid (about 2 minutes). Reduce heat to low; cook 20 minutes, stirring frequently. Stir in half-and-half; cook 15 minutes, stirring frequently.
- Spoon cornmeal mixture into an 8-inch square baking dish coated with cooking spray. Using a spatula coated with cooking spray, spread into an even layer. Chill, uncovered, 30 minutes or until completely cool.
- Preheat oven to 40
- Turn polenta out onto dry surface; cut into 1/2-inch cubes.
- Place polenta cubes on a baking sheet coated with cooking spray.
- Bake at 400 for 45 minutes, turning once with a spatula. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:8.65, Inflammation Score:-2, Nutrition Score:3.035217375859%

Nutrients (% of daily need)

Calories: 102.74kcal (5.14%), Fat: 3.49g (5.37%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 13.49g (4.9%), Sugar: 1.14g (1.27%), Cholesterol: 7.06mg (2.35%), Sodium: 310.68mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Fiber: 1.87g (7.47%), Manganese: 0.13mg (6.42%), Phosphorus: 63.88mg (6.39%), Vitamin B6: 0.13mg (6.37%), Magnesium: 24.67mg (6.17%), Zinc: 0.71mg (4.73%), Vitamin B1: 0.07mg (4.38%), Copper: 0.07mg (3.61%), Vitamin B2: 0.06mg (3.39%), Iron: 0.61mg (3.37%), Calcium: 27.09mg (2.71%), Selenium: 1.84µg (2.63%), Potassium: 90.68mg (2.59%), Vitamin B3: 0.51mg (2.56%), Folate: 7.36µg (1.84%), Vitamin B5: 0.18mg (1.77%), Vitamin A: 71.39IU (1.43%)