



Polenta Fries



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup gruyère cheese grated
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil extra-virgin for brushing
- ☐ 2 cups polenta
- ☐ 3 tablespoons butter unsalted
- ☐ 1.3 cups milk whole

Equipment

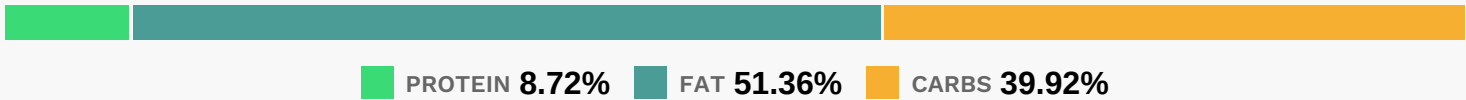
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring 7 cups water to a simmer in a large saucepan.
- ☐ Combine 4 cups of the hot water and the milk in a heatproof bowl (the bowl should fit over the saucepan). Gradually whisk in the polenta and 2 teaspoons salt. Cover the bowl tightly with foil and set over the simmering water; do not let the bowl touch the water. Cook until very thick, 20 minutes. Meanwhile, brush a 9-inch square baking dish with olive oil.
- ☐ Stir the cheese and butter into the polenta.
- ☐ Spread in the prepared dish and refrigerate until set, at least 2 hours or overnight.
- ☐ Preheat the oven to 450 degrees F. Slice the chilled polenta into eighteen 4 1/2-by-1-inch sticks and transfer to a baking sheet lined with parchment paper.
- ☐ Brush the sticks with olive oil and sprinkle with salt.
- ☐ Bake until golden, 30 to 35 minutes, turning halfway through.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:6.8334782330886%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 448.54kcal (22.43%), Fat: 25.6g (39.39%), Saturated Fat: 8.7g (54.36%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 43.92g (15.97%), Sugar: 2.99g (3.32%), Cholesterol: 33.66mg (11.22%), Sodium: 294.51mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Calcium: 180.79mg (18.08%), Selenium: 11.71µg (16.72%), Phosphorus: 161.68mg (16.17%), Vitamin E: 2.24mg (14.91%), Vitamin A: 480.47IU (9.61%), Vitamin K: 9.54µg (9.08%), Vitamin B12: 0.48µg (8.01%), Vitamin B2: 0.13mg (7.59%), Vitamin B1: 0.11mg (7.08%), Magnesium: 24.92mg (6.23%), Vitamin B6: 0.12mg (6.01%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.53mg (5.29%), Vitamin D: 0.77µg (5.12%), Potassium: 164.71mg (4.71%), Vitamin B3: 0.71mg (3.54%), Iron: 0.63mg (3.5%), Fiber: 0.85g (3.39%), Manganese: 0.06mg (3.05%), Copper: 0.05mg (2.25%)