



 **19%**
HEALTH SCORE

Polenta Pie With Italian Toppings

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

Ingredients

- 2 cups water
- 1 cup milk
- 0.3 cup olive oil for sauteing and drizzling the baking sheet plus a bit more
- 0.5 tsp salt
- 1 cup cornmeal yellow
- 3 oz pancetta diced
- 1 large shallots finely chopped
- 2 cloves garlic
- 3 oz gorgonzola fresh blue with goat cheese or baby mozzarella crumbled canned (if you are a fan)

- 0.5 lbs baby spinach
- 1 bell pepper sweet seeded sliced cut in half, and not too thin
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- 1 handful pinenuts (pine nuts)

Equipment

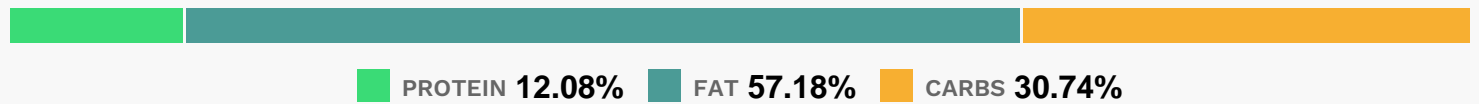
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Make polenta first. In a saucepan, bring water, milk, 1/4 olive oil and salt to a boil. Reduce heat immediately, and pour in the corn. Stirring very frequently, simmer corn for about 15 minutes, until very thick.
- Line a baking sheet with foil or parchment, and drizzle a bit of olive oil on it.
- Spread polenta on the sheet evenly, to about 1/2 thickness, and shape into a circle, just like a pizza crust.
- Let cool until nicely set.
- Heat the oven to 425F.
- Sprinkle polenta crust with freshly ground pepper, and bake for 30 minutes, until nicely browned around the edges. Keep the oven on.
- While crust is baking, prepare the toppings. In a skillet, heat 1 tbsp olive oil.
- Saute pancetta, shallots and garlic for about 7-8 minutes, until nicely golden and very fragrant. Dont overcook.
- Remove the pancetta topping into a bowl and set aside.
- Heat a bit more oil in the same skillet and saute baby spinach until wilted and dark green, for about 3 minutes or so. Again, remove the spinach and set aside.

- Add pepper slices and saute for a couple of minutes until they are nicely wilted, for about 3–4 minutes.
- Layer your toppings atop polenta crust, starting with cheese crumbs, followed by pancetta mix, spinach, peppers, and finally pine nuts. Arrange everything in a pretty way.
- Drizzle just a few drops more of olive oil, and put back in the oven for 4–5 minutes.
- Slice like a pizza or cut into 3 inch squares.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:13.27, Inflammation Score:-10, Nutrition Score:24.580434782609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 339.48kcal (16.97%), Fat: 21.94g (33.76%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 22.23g (8.08%), Sugar: 4.61g (5.12%), Cholesterol: 24.87mg (8.29%), Sodium: 503.39mg (21.89%), Protein: 10.43g (20.86%), Vitamin K: 190.59µg (181.51%), Vitamin A: 4965.99IU (99.32%), Vitamin C: 62.04mg (75.2%), Manganese: 0.6mg (30.09%), Folate: 107.19µg (26.8%), Vitamin B6: 0.46mg (22.92%), Phosphorus: 209.79mg (20.98%), Vitamin E: 2.92mg (19.49%), Magnesium: 75.15mg (18.79%), Calcium: 173.31mg (17.33%), Fiber: 4.32g (17.26%), Potassium: 524.35mg (14.98%), Vitamin B2: 0.25mg (14.93%), Vitamin B1: 0.2mg (13.43%), Zinc: 1.88mg (12.53%), Iron: 2.22mg (12.32%), Selenium: 7.88µg (11.25%), Vitamin B3: 2.1mg (10.48%), Vitamin B5: 0.8mg (8.02%), Vitamin B12: 0.46µg (7.72%), Copper: 0.15mg (7.68%), Vitamin D: 0.57µg (3.83%)