



Polenta Pizza



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 0.8 cups cornmeal
- ☐ 1 tbsp penzey's southwest seasoning italian
- ☐ 0.5 cup tomatoes
- ☐ 1.5 cups plant-based milk
- ☐ 2 cups vegetables mixed
- ☐ 1 tsp salt
- ☐ 1.5 cups water

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ spatula

Directions

- ☐ Grease a 13x 9 casserole dish and set aside.
- ☐ Whisk the water, non-dairy milk, cornmeal, salt, and seasoning in a saucepan and bring to a boil. Reduce heat to low and continue to cook, constantly stirring, until it becomes thick, like a heavy oatmeal.
- ☐ Pour the mixture into the casserole dish, spreading out evenly and patting down firmly but gently using a spatula. Cover and refrigerate until it sets, about an hour. Preheat oven to 450 F.
- ☐ Remove covering and bake polenta completely uncovered for 25 minutes.
- ☐ Remove and add a thin layer of sauce and your toppings. Careful not to use too much sauce or it will be soggy.
- ☐ Bake another 10–15 minutes, until vegetables are cooked but still crisp and polenta is crisp along the edges.
- ☐ Serve immediately.

Nutritional Information	
Amount Per Serving	
Calories	
Fat	
90g	
Carbohydrate	
20gDietary Fiber4gSugars10.50gProtein6g	

Nutrition Facts



 PROTEIN **15.21%**  FAT **19.18%**  CARBS **65.61%**

Properties

Glycemic Index:58.38, Glycemic Load:19.02, Inflammation Score:-10, Nutrition Score:17.144782812699%

Nutrients (% of daily need)

Calories: 238.6kcal (11.93%), Fat: 5.3g (8.16%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 33.36g (12.13%), Sugar: 6.01g (6.68%), Cholesterol: 10.98mg (3.66%), Sodium: 810.04mg (35.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin A: 4923.76IU (98.48%), Fiber: 7.46g (29.86%), Manganese: 0.53mg (26.47%), Phosphorus: 223.5mg (22.35%), Magnesium: 73.8mg (18.45%), Vitamin B6: 0.36mg (18.12%), Vitamin B1: 0.26mg (17.43%), Calcium: 164.91mg (16.49%), Potassium: 534.65mg (15.28%), Vitamin B2: 0.26mg (15.18%), Vitamin C: 11.64mg (14.1%), Iron: 2.53mg (14.04%), Zinc: 1.82mg (12.14%), Vitamin B3: 2.33mg (11.67%), Copper: 0.22mg (10.86%), Folate: 42.27µg (10.57%), Vitamin K: 9.17µg (8.73%), Vitamin B12: 0.49µg (8.23%), Vitamin B5: 0.77mg (7.75%), Vitamin D: 1.01µg (6.71%), Selenium: 4.14µg (5.91%), Vitamin E: 0.83mg (5.51%)