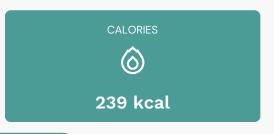


Polenta Pizza

READY IN
SERVINGS
45 min.

Continuous Vegetarian (a) Gluten Free



ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

1.5 cups water

O.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

Equipment	
	sauce pan
	oven
	whisk
	casserole dish
	spatula
Di	rections
	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 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

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 %: O% (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%)