



Polenta Pudding with Blueberry Topping



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries frozen
- ☐ 0.8 teaspoon lemon rind
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar divided
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 tablespoons cornmeal yellow

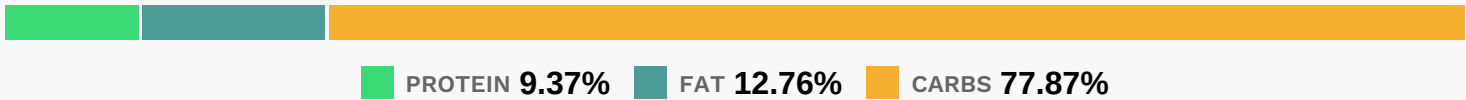
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine the blueberries and 1/4 cup sugar in a medium microwave–safe bowl. Cover with wax paper; microwave at HIGH 3 minutes or until thoroughly heated and sugar dissolves, stirring after 1 1/2 minutes.
- ☐ Combine 1/4 cup sugar, milk, cornmeal, and lemon rind in a 2–quart glass measure; stir with a whisk. Microwave at HIGH 7 minutes or until thick and bubbly, stirring every 2 minutes. Stir in vanilla and salt.
- ☐ Serve with blueberry topping.

Nutrition Facts



Properties

Glycemic Index:44.65, Glycemic Load:25.77, Inflammation Score:-3, Nutrition Score:6.7060869984005%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 235.56kcal (11.78%), Fat: 3.42g (5.26%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 44.65g (16.24%), Sugar: 34.92g (38.8%), Cholesterol: 9.44mg (3.15%), Sodium: 202.09mg

(8.79%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 5.65g (11.3%), Vitamin B2: 0.25mg (14.88%), Phosphorus: 146.82mg (14.68%), Calcium: 145.62mg (14.56%), Manganese: 0.24mg (11.98%), Vitamin B12: 0.63µg (10.42%), Fiber: 2.34g (9.35%), Magnesium: 31.37mg (7.84%), Vitamin B6: 0.15mg (7.67%), Zinc: 1.1mg (7.3%), Vitamin K: 7.41µg (7.05%), Vitamin B1: 0.1mg (7%), Potassium: 243.86mg (6.97%), Selenium: 4.04µg (5.77%), Vitamin B5: 0.56mg (5.57%), Vitamin C: 4.31mg (5.22%), Copper: 0.07mg (3.35%), Folate: 13.27µg (3.32%), Iron: 0.59mg (3.29%), Vitamin B3: 0.64mg (3.19%), Vitamin A: 140.53IU (2.81%), Vitamin E: 0.3mg (2.02%)