



Polenta Rounds With Black-eyed Pea Topping



Vegetarian



Gluten Free

READY IN



26 min.

SERVINGS



15

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz black-eyed peas rinsed drained canned
- ☐ 4 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 16 oz sun-dried tomato polenta refrigerated cut into 6 even slices
- ☐ 0.5 cup tomatoes diced

☐ 0.3 cup water

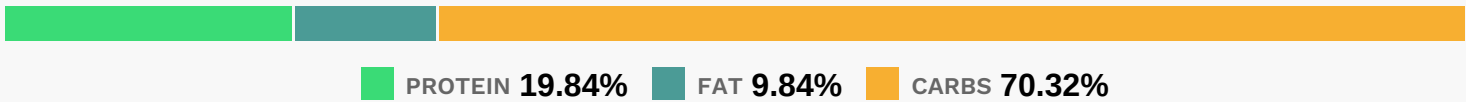
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook polenta rounds in a large nonstick skillet coated with cooking spray over medium-high heat 4 minutes on each side or until lightly browned.
- ☐ Remove from heat, and keep warm.
- ☐ Wipe pan with paper towel, spray with cooking spray, and cook peas and next 4 ingredients over medium heat 3 minutes or until water evaporates.
- ☐ Remove from heat; stir in tomatoes and 3 Tbsp. cilantro. Spoon warm black-eyed pea mixture over polenta rounds, and top evenly with sour cream.
- ☐ Sprinkle with remaining 1 Tbsp. cilantro.
- ☐ Note: For testing purposes only, we used Melissa's Organic Sun-Dried Tomato Polenta.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:5.77, Inflammation Score:-6, Nutrition Score:12.946521809082%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 119.27kcal (5.96%), Fat: 1.48g (2.27%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 18.02g (6.55%), Sugar: 12.68g (14.08%), Cholesterol: 1.34mg (0.45%), Sodium: 76.15mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Manganese: 0.71mg (35.33%), Potassium: 1144.95mg (32.71%), Copper: 0.51mg (25.6%), Fiber: 5.72g (22.9%), Folate: 81.81µg (20.45%), Iron: 3.49mg (19.4%),

Magnesium: 75.27mg (18.82%), Vitamin C: 13.13mg (15.92%), Phosphorus: 157.49mg (15.75%), Vitamin B1: 0.22mg (14.86%), Vitamin B3: 2.92mg (14.6%), Vitamin K: 14.28µg (13.6%), Vitamin B2: 0.17mg (10.05%), Vitamin B5: 0.76mg (7.59%), Vitamin B6: 0.14mg (7.04%), Vitamin A: 343.67IU (6.87%), Zinc: 1.01mg (6.71%), Calcium: 47.46mg (4.75%), Selenium: 2.52µg (3.6%)