



WHATSheATE



Polenta Squares with Gorgonzola and Pine Nuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



104 kcal

SIDE DISH

Ingredients



0.7 cup balsamic vinegar



1 tablespoon butter



3 tablespoons currants



2 tablespoons flat-leaf parsley fresh chopped



1.5 ounces gorgonzola cheese crumbled



1 teaspoon kosher salt



1 teaspoon orange rind grated

- ☐ 3 tablespoons pinenuts toasted
- ☐ 1 cup quick-cooking polenta
- ☐ 0.3 cup water boiling
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

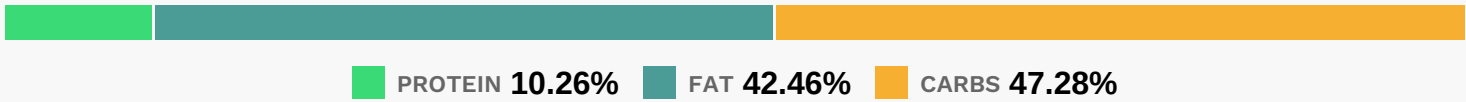
Directions

- ☐ Bring 4 cups water to a boil in a medium saucepan. Gradually add polenta and salt, stirring constantly with a whisk. Reduce heat to low, and cook for 4 minutes or until thick, stirring frequently. Stir in butter. Spoon polenta into a 9-inch square baking pan coated with cooking spray, spreading evenly. Press plastic wrap directly onto surface of polenta; chill for 1 hour or until polenta is very firm.
- ☐ Cut into 30 squares.
- ☐ Combine 1/4 cup boiling water and currants in a small bowl.
- ☐ Let stand for 10 minutes or until currants are plump; drain.
- ☐ Combine currants, cheese, pine nuts, and orange rind in a small bowl.
- ☐ Heat vinegar in a small saucepan, and cook over medium-low heat until reduced to 2 tablespoons (about 10 minutes). Cool slightly.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray.
- ☐ Add half of polenta squares to pan, and cook for 6 minutes on each side or until golden.
- ☐ Remove polenta squares from pan, and keep warm. Repeat procedure with the remaining polenta. Top each square with rounded 1/2 teaspoon of cheese mixture, and drizzle with about 1/4 teaspoon balsamic vinegar.

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Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:24.9, Glycemic Load:5.4, Inflammation Score:-3, Nutrition Score:5.0695651568796%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 103.81kcal (5.19%), Fat: 4.98g (7.66%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.36g (4.13%), Sugar: 5.6g (6.22%), Cholesterol: 6.2mg (2.07%), Sodium: 302.08mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Manganese: 0.66mg (32.92%), Vitamin K: 15.35µg (14.61%), Magnesium: 35.54mg (8.89%), Phosphorus: 79.37mg (7.94%), Copper: 0.11mg (5.34%), Selenium: 3.44µg (4.92%), Iron: 0.82mg (4.53%), Fiber: 1.12g (4.48%), Vitamin B1: 0.06mg (4.28%), Zinc: 0.62mg (4.12%), Calcium: 40.22mg (4.02%), Potassium: 117.07mg (3.34%), Vitamin A: 139.82IU (2.8%), Vitamin E: 0.39mg (2.61%), Vitamin B2: 0.04mg (2.39%), Vitamin C: 1.57mg (1.9%), Folate: 6.91µg (1.73%), Vitamin B3: 0.33mg (1.64%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.48%)