



Polenta Triangles

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 56 ounce chicken broth canned
- ☐ 2 garlic clove minced
- ☐ 2 ounces parmesan shredded
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup whipping cream
- ☐ 2 cups cornmeal yellow

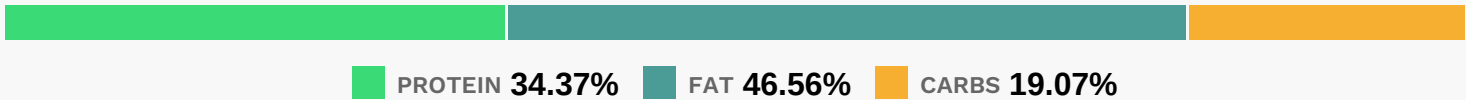
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt 1/4 cup butter in a large saucepan over medium-high heat; add garlic, and saut until tender. Stir in broth; bring to a boil.
- ☐ Whisk in cornmeal until smooth. Reduce heat; simmer, uncovered, 10 minutes, stirring often. Stir in cheese and next 3 ingredients.
- ☐ Pour mixture into a lightly greased 13- x 9-inch pan; cover and chill at least 8 hours.
- ☐ Cut polenta into 6 squares; cut each square into 2 triangles. Melt 2 tablespoons butter in a large skillet over medium-high heat. Cook half of triangles 4 minutes on each side or until lightly browned. Repeat procedure with remaining 2 tablespoons butter and polenta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:23.25, Inflammation Score:-8, Nutrition Score:24.275652066521%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 901.7kcal (45.09%), Fat: 45.81g (70.47%), Saturated Fat: 13.5g (84.38%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 37.17g (13.52%), Sugar: 1.2g (1.34%), Cholesterol: 149.93mg (49.98%), Sodium: 1803.91mg (78.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.07g (152.15%), Selenium: 54.44µg (77.77%), Phosphorus: 601.56mg (60.16%), Zinc: 8.56mg (57.04%), Vitamin B12: 2.79µg (46.57%), Vitamin B6: 0.84mg (42.1%), Vitamin B3: 7.7mg (38.52%), Iron: 5.15mg (28.59%), Magnesium: 112.94mg (28.24%), Vitamin A: 1365.56IU (27.31%), Vitamin B2: 0.37mg (21.9%), Fiber: 5.05g (20.18%), Manganese: 0.38mg (19.01%), Potassium: 607.82mg (17.37%),

Calcium: 167mg (16.7%), Copper: 0.27mg (13.5%), Vitamin E: 1.74mg (11.63%), Vitamin B1: 0.17mg (11.25%), Vitamin K: 6.96µg (6.63%), Folate: 24.62µg (6.15%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.47µg (3.14%)