



Polenta Triangles with Rosemary and Walnuts

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1.5 teaspoons rosemary leaves fresh chopped
- 0.8 cup gruyere cheese grated
- 2.5 cups chicken broth canned
- 8 walnut halves
- 0.3 cup walnuts toasted finely chopped
- 0.7 cup cornmeal yellow

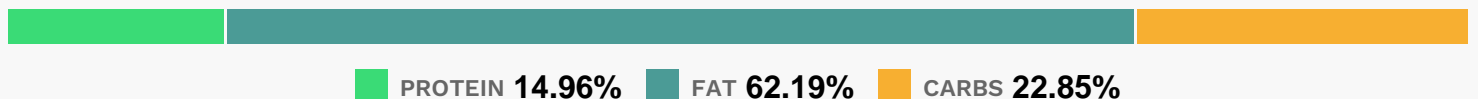
Equipment

- baking sheet
- sauce pan
- oven
- knife
- whisk
- aluminum foil
- pie form

Directions

- Butter 9-inch-diameter glass pie dish. Bring broth to boil in heavy medium saucepan. Gradually whisk in corn meal. Reduce heat to medium and whisk constantly until mixture thickens, about 6 minutes.
- Remove from heat.
- Add cheese and 1 1/2 tablespoons butter; stir until cheese melts. Stir in chopped walnuts and rosemary. Season with salt and pepper.
- Transfer polenta to prepared dish; using buttered knife, spread evenly. Cool until polenta is firm, at least 1 hour.
- Line baking sheet with foil.
- Cut polenta into 8 wedges.
- Transfer wedges, bottom side up, to prepared sheet. Dot wedges with 1 1/2 tablespoons butter.
- Place 1 walnut half in center of each wedge. (Can be made 1 day ahead. Cover and chill.)
- Preheat oven to 350°F.
- Bake polenta until heated through, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:5.86, Inflammation Score:-3, Nutrition Score:5.6721739399692%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg

Nutrients (% of daily need)

Calories: 196.42kcal (9.82%), Fat: 13.96g (21.48%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 9.83g (3.57%), Sugar: 0.53g (0.59%), Cholesterol: 24.9mg (8.3%), Sodium: 144.91mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Manganese: 0.32mg (16.1%), Phosphorus: 151.87mg (15.19%), Calcium: 136.79mg (13.68%), Copper: 0.18mg (9.15%), Zinc: 1.18mg (7.9%), Magnesium: 30.35mg (7.59%), Vitamin B3: 1.43mg (7.15%), Fiber: 1.71g (6.84%), Vitamin B6: 0.13mg (6.64%), Vitamin A: 250.44IU (5.01%), Vitamin B2: 0.08mg (4.77%), Vitamin B1: 0.07mg (4.73%), Vitamin B12: 0.28µg (4.68%), Iron: 0.77mg (4.3%), Selenium: 2.98µg (4.26%), Potassium: 147.82mg (4.22%), Folate: 12.66µg (3.16%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.25mg (1.69%)