



WHATSheATE



Polenta with Arugula



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 3 cups arugula coarsely chopped
- ☐ 1 stick butter
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup parmesan freshly grated
- ☐ 1.5 cups quick-cooking polenta pre-cooked (maize meal)
- ☐ 1.5 teaspoons salt plus more to taste
- ☐ 8 cups water
- ☐ 0.5 cup whipping cream

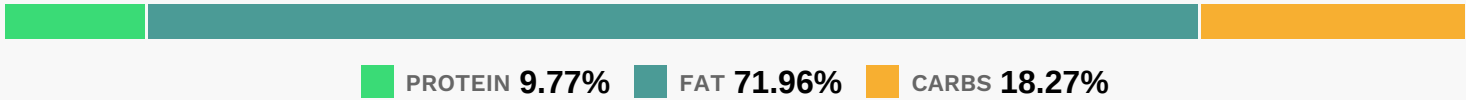
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the water and salt in a heavy large saucepan. Bring the water to a boil over high heat. Gradually whisk in the polenta. Decrease the heat to medium-low. Stir constantly until polenta thickens, about 5 minutes.
- ☐ Add the garlic and arugula, and stir until the arugula is wilted. Stir in the butter, cream, and cheese, if using. Season the polenta, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:8.02, Inflammation Score:-7, Nutrition Score:10.007826141689%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 330.66kcal (16.53%), Fat: 27.13g (41.73%), Saturated Fat: 16.53g (103.3%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.41g (4.88%), Sugar: 1.19g (1.33%), Cholesterol: 71.4mg (23.8%), Sodium: 927.32mg (40.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Manganese: 0.92mg (46.23%), Vitamin A: 1097.21IU (21.94%), Calcium: 202.77mg (20.28%), Phosphorus: 202.34mg (20.23%), Magnesium: 70.11mg (17.53%), Selenium: 10.66µg (15.23%), Vitamin K: 13.73µg (13.08%), Vitamin B1: 0.13mg (8.38%), Fiber: 2.09g (8.35%), Zinc: 1.15mg (7.66%), Copper: 0.14mg (7.13%), Vitamin B2: 0.12mg (7.01%), Iron: 1.23mg (6.86%), Vitamin E: 0.83mg (5.55%), Folate: 18.45µg (4.61%), Potassium: 148.46mg (4.24%), Vitamin B12: 0.21µg (3.56%), Vitamin B5: 0.32mg (3.21%), Vitamin B6: 0.06mg (2.94%), Vitamin D: 0.38µg (2.53%), Vitamin C: 1.93mg (2.34%), Vitamin B3: 0.26mg (1.29%)