



Polenta with Blue Cheese and Garlicky Chard

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- 0.5 cup cheese blue crumbled (such as Gorgonzola;)
- 2 cloves garlic thinly sliced
- 4 servings kosher salt and pepper black
- 1 tablespoon olive oil
- 1 cup polenta instant
- 1 bunch swiss chard trimmed cut into 1-inch strips

Equipment

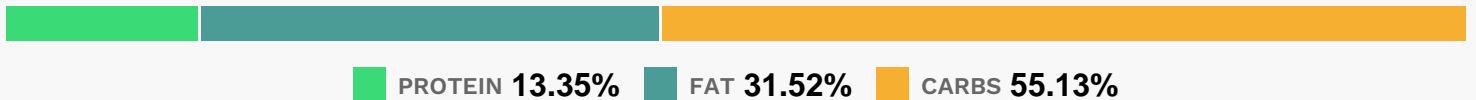
- bowl

- frying pan
- sauce pan
- whisk
- loaf pan
- broiler

Directions

- Heat the oil in a large skillet over medium heat.
- Add the garlic and cook, stirring, until golden, 2 to 3 minutes.
- Add the chard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, tossing occasionally, until the chard is tender, 4 to 5 minutes. Meanwhile, in a medium saucepan, bring 4 cups of water to a boil.
- Add 1 tablespoon salt. Slowly whisk in the polenta. Cook, whisking constantly, until the polenta thickens, 3 to 4 minutes. Divide the polenta among bowls and top with the chard and blue cheese. Tip: Make a double batch of polenta and reserve half in an oiled loaf pan for a quick side dish later in the week. Simply slice the polenta and crisp it by popping it in the broiler or pan-frying it.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.76, Inflammation Score:-10, Nutrition Score:17.421304301075%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 254.47kcal (12.72%), Fat: 8.98g (13.81%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 33.47g (12.17%), Sugar: 1.18g (1.31%), Cholesterol: 12.66mg (4.22%), Sodium: 548.33mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.11%), Vitamin K: 625.16µg (595.39%), Vitamin A: 4800.96IU (96.02%), Vitamin C: 22.97mg (27.84%), Magnesium: 75.74mg (18.94%), Manganese: 0.34mg (17.19%),

Selenium: 10.09µg (14.42%), Phosphorus: 131.12mg (13.11%), Vitamin E: 1.96mg (13.1%), Calcium: 131.01mg (13.1%), Potassium: 388mg (11.09%), Iron: 1.85mg (10.26%), Vitamin B6: 0.18mg (8.96%), Vitamin B2: 0.15mg (8.79%), Copper: 0.18mg (8.77%), Fiber: 1.87g (7.47%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.9mg (6%), Vitamin B1: 0.09mg (5.97%), Vitamin B3: 0.96mg (4.8%), Folate: 18.61µg (4.65%), Vitamin B12: 0.21µg (3.43%)