



HEALTH SCORE

68%

Polenta with Butternut Squash



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds butternut squash halved lengthwise seeded
- ☐ 0.8 teaspoon rubbed sage dried
- ☐ 1 tablespoon sage fresh minced
- ☐ 6 large garlic clove unpeeled
- ☐ 2.8 cups chicken broth canned
- ☐ 3 tablespoons olive oil
- ☐ 2.3 ounces parmesan cheese freshly grated
- ☐ 1.5 cups cornmeal (coarse cornmeal)

- ☐ 1.5 teaspoons salt
- ☐ 1.8 cups water

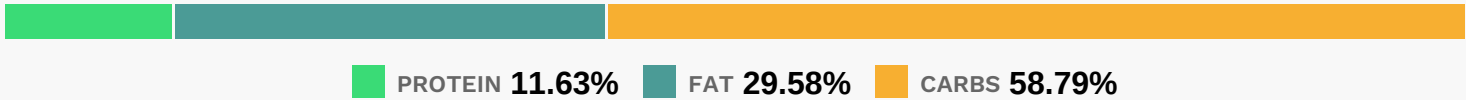
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375°F. Arrange squash, cut side up, in large roasting pan.
- ☐ Place garlic cloves in squash cavities.
- ☐ Drizzle oil over.
- ☐ Sprinkle with dried sage, salt and pepper. Cover with foil and bake until squash is tender, about 1 hour 35 minutes. Cool slightly. Peel squash and garlic.
- ☐ Transfer to processor and puree.
- ☐ Combine broth, 1 3/4 cups water and 1 1/2 teaspoons salt in heavy large saucepan. Bring to boil. Gradually whisk in polenta. Reduce heat to medium-low and cook until mixture is very thick and creamy, stirring often, about 20 minutes. Stir in fresh sage and 3 cups squash puree (reserve any remaining puree for another use). Cook until heated through, about 2 minutes. Stir in cheese. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill. Stir over medium-low heat until heated through.)
- ☐ *Available at Italian markets, natural foods stores and some supermarkets. If unavailable, substitute 1 1/2 cups of regular yellow cornmeal, and cook mixture for about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:17.57, Inflammation Score:-10, Nutrition Score:28.463043569223%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 384.61kcal (19.23%), Fat: 13.26g (20.4%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 50.86g (18.5%), Sugar: 5.79g (6.43%), Cholesterol: 9.25mg (3.08%), Sodium: 814.68mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Vitamin A: 24201.4IU (484.03%), Copper: 3.37mg (168.54%), Vitamin C: 48.57mg (58.87%), Manganese: 0.87mg (43.68%), Fiber: 8.41g (33.65%), Vitamin B6: 0.64mg (32.04%), Magnesium: 127.65mg (31.91%), Potassium: 1055.52mg (30.16%), Vitamin E: 4.48mg (29.86%), Phosphorus: 269.1mg (26.91%), Vitamin B3: 5.22mg (26.08%), Vitamin B1: 0.36mg (23.86%), Calcium: 224.24mg (22.42%), Folate: 75.51µg (18.88%), Iron: 3.26mg (18.12%), Zinc: 2.2mg (14.69%), Vitamin B5: 1.2mg (11.96%), Selenium: 7.67µg (10.95%), Vitamin B2: 0.16mg (9.18%), Vitamin K: 7.23µg (6.89%), Vitamin B12: 0.25µg (4.19%)