



Polenta with Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 cups milk
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup parmesan grated
- ☐ 2 cups polenta instant
- ☐ 1.5 teaspoons salt

☐ 2 cups water

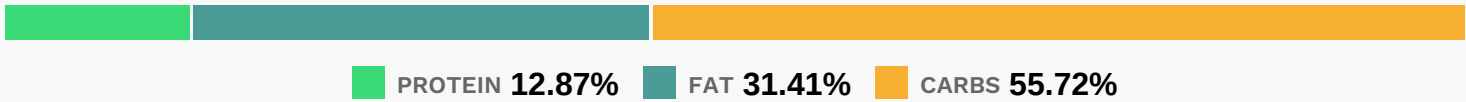
Equipment

☐ sauce pan

Directions

- ☐ Bring milk and water to boiling in large saucepan over high heat.
- ☐ Add salt, garlic powder, onion powder and black pepper. Gradually stir in polenta; cook, stirring the mixture constantly, for 3 to 5 minutes or until polenta thickens and pulls away from sides of saucepan. Stir in Parmesan and butter.
- ☐ Remove from heat and serve.;

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.21, Inflammation Score:-4, Nutrition Score:6.5086956403178%

Nutrients (% of daily need)

Calories: 271.77kcal (13.59%), Fat: 9.45g (14.54%), Saturated Fat: 5.54g (34.65%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 37.03g (13.47%), Sugar: 6.16g (6.85%), Cholesterol: 28.05mg (9.35%), Sodium: 569.78mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Calcium: 192.06mg (19.21%), Phosphorus: 176.46mg (17.65%), Selenium: 9.9µg (14.14%), Vitamin B12: 0.71µg (11.75%), Vitamin B2: 0.2mg (11.58%), Vitamin D: 1.36µg (9.05%), Vitamin A: 438.65IU (8.77%), Vitamin B1: 0.12mg (8.2%), Potassium: 245.98mg (7.03%), Vitamin B6: 0.14mg (7%), Magnesium: 27.85mg (6.96%), Vitamin B5: 0.67mg (6.71%), Zinc: 0.77mg (5.15%), Vitamin B3: 0.62mg (3.09%), Manganese: 0.06mg (3.01%), Fiber: 0.69g (2.75%), Iron: 0.45mg (2.5%), Copper: 0.04mg (2.22%), Vitamin E: 0.19mg (1.28%)