



Polenta with Chunky Tomato Sauce and Pecorino Romano

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 cups cornmeal instant uncooked
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 3 tablespoons basil fresh thinly sliced 12 leaves
- ☐ 1 tablespoon marjoram fresh minced
- ☐ 1 ounce pecorino romano cheese shaved
- ☐ 2 ounces pecorino romano cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots thinly sliced 1 large or 2 small shallots
- ☐ 2.5 cups tomatoes chopped 2 large
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ cookie cutter

Directions

- ☐ To prepare polenta, place cornmeal in a large saucepan. Gradually add water and 1/2 teaspoon salt, stirring constantly with a whisk. Bring to a boil. Reduce heat to medium; cook 15 minutes, stirring frequently.
- ☐ Remove from heat; stir in grated cheese. Spoon polenta into a 13 x 9-inch pan coated with cooking spray, spreading evenly. Press plastic wrap onto surface of polenta; chill 2 hours or until firm.
- ☐ To prepare sauce, combine tomato and next 6 ingredients (through pepper) in a medium bowl; set aside.
- ☐ Prepare grill.
- ☐ Cut polenta into rounds using a 2 1/2-inch cookie cutter; coat both sides of rounds evenly with cooking spray. Grill polenta 5 minutes on each side or until golden brown.
- ☐ Serve with tomato sauce, and sprinkle with shaved cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:18.48, Inflammation Score:-6, Nutrition Score:10.292173985554%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 232.12kcal (11.61%), Fat: 6.97g (10.72%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 28.8g (10.47%), Sugar: 3.14g (3.49%), Cholesterol: 14.74mg (4.91%), Sodium: 381.84mg (16.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Phosphorus: 218.8mg (21.88%), Fiber: 4.83g (19.34%), Manganese: 0.38mg (18.75%), Calcium: 172.7mg (17.27%), Vitamin B6: 0.33mg (16.61%), Magnesium: 60.49mg (15.12%), Vitamin K: 15.46µg (14.72%), Vitamin A: 657.43IU (13.15%), Vitamin C: 9.92mg (12.02%), Zinc: 1.78mg (11.86%), Vitamin B1: 0.15mg (10.27%), Copper: 0.19mg (9.43%), Potassium: 325.65mg (9.3%), Iron: 1.65mg (9.14%), Folate: 28.37µg (7.09%), Vitamin B3: 1.4mg (6.98%), Selenium: 4.56µg (6.52%), Vitamin B2: 0.1mg (6.14%), Vitamin E: 0.63mg (4.17%), Vitamin B5: 0.38mg (3.84%), Vitamin B12: 0.16µg (2.65%)