



Polenta with Fontina and Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce less-sodium chicken broth fat-free canned
- 2 garlic cloves minced
- 2 ounces parmesan cheese shredded
- 1 cup polenta
- 0.5 teaspoon salt
- 3.5 ounces pkt spinach chopped
- 2 cups water

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- plastic wrap
- springform pan

Directions

- Heat a medium nonstick skillet coated with cooking spray over medium-high heat.
- Add garlic; saut 1 minute.
- Add spinach; cook 1 minute or until spinach wilts.
- Remove from heat.
- Combine water and broth in a large saucepan over medium-high heat; bring to a boil. Gradually add polenta, stirring constantly with a whisk. Reduce heat to medium; cook 20 minutes, stirring frequently.
- Remove from heat; stir in spinach mixture, salt, and pepper.
- Spoon polenta mixture evenly into a 9-inch springform pan coated with cooking spray. Press plastic wrap onto surface of polenta; chill 2 hours or until firm.
- Preheat oven to 40
- Remove polenta from pan; place on a baking sheet coated with cooking spray.
- Sprinkle the cheese evenly over polenta.
- Bake at 400 for 15 minutes or until cheese melts and begins to brown.
- Remove from oven; cool 5 minutes.
- Cut polenta into wedges, using a sharp knife.
- Serve immediately.

Nutrition Facts

PROTEIN 18.54% FAT 18.56% CARBS 62.9%

Properties

Glycemic Index:15.13, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:7.3708696669858%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 107.7kcal (5.39%), Fat: 2.21g (3.4%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.24g (5.9%), Sugar: 0.32g (0.36%), Cholesterol: 4.82mg (1.61%), Sodium: 482.14mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin K: 60.2µg (57.33%), Vitamin A: 1261.32IU (25.23%), Calcium: 102.15mg (10.21%), Selenium: 6.34µg (9.05%), Manganese: 0.16mg (8.01%), Phosphorus: 76.67mg (7.67%), Folate: 26.1µg (6.52%), Magnesium: 19.69mg (4.92%), Vitamin C: 3.72mg (4.51%), Vitamin B2: 0.07mg (3.92%), Vitamin B6: 0.08mg (3.83%), Iron: 0.69mg (3.81%), Potassium: 122.24mg (3.49%), Vitamin B3: 0.64mg (3.2%), Vitamin B12: 0.19µg (3.13%), Vitamin B1: 0.04mg (2.9%), Copper: 0.06mg (2.79%), Fiber: 0.62g (2.49%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.27mg (1.79%)