



Polenta with Fresh Herbs and White Cheddar Cheese



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons marjoram fresh minced
- ☐ 2 teaspoons sage fresh minced
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 6.7 cups low-salt chicken broth canned
- ☐ 1.7 cups polenta (coarse cornmeal)
- ☐ 1 teaspoon salt

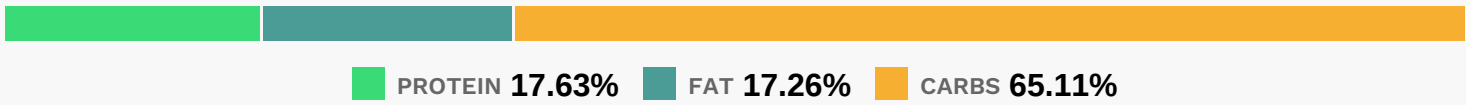
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine broth, all herbs, garlic and salt in heavy large saucepan and bring to boil over medium-high heat. Gradually sprinkle in polenta, whisking constantly. Reduce heat to medium-low; simmer until polenta is thick and creamy and begins to pull away from sides of pan, whisking often, about 25 minutes.
- ☐ Add cheese; stir until cheese melts. Season with salt and pepper and serve.
- ☐ *If unavailable, use 1 2/3 cups regular cornmeal and cook for about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:19.29, Inflammation Score:-6, Nutrition Score:11.985652205737%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 213.96kcal (10.7%), Fat: 4.22g (6.49%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 31.48g (11.45%), Sugar: 1.04g (1.15%), Cholesterol: 0mg (0%), Sodium: 468.21mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.39%), Copper: 2.27mg (113.35%), Vitamin B3: 4.7mg (23.5%), Manganese: 0.37mg (18.52%), Phosphorus: 179.78mg (17.98%), Fiber: 4.3g (17.22%), Vitamin B6: 0.3mg (14.77%), Magnesium: 52.23mg (13.06%), Iron: 2.08mg (11.53%), Zinc: 1.66mg (11.09%), Potassium: 376.9mg (10.77%), Vitamin B1: 0.14mg (9.05%), Vitamin B2: 0.12mg (7.31%), Vitamin B12: 0.26µg (4.37%), Selenium: 2.72µg (3.89%), Folate: 15.38µg (3.85%), Vitamin B5: 0.27mg (2.69%), Calcium: 21.4mg (2.14%), Vitamin C: 1.27mg (1.54%), Vitamin E: 0.16mg (1.09%)