



 **100%**
HEALTH SCORE

Polenta with Fresh Tomato Salsa

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp cilantro leaves chopped
- 1 clove garlic minced
- 0.3 cup green onions chopped
- 0.3 cup bell pepper green chopped
- 2 Tbsp juice of lime
- 4 tsp olive oil divided
- 1 Tbsp jalapeño pepper chopped
- 0.5 tsp salt

- 0.3 cup cheddar cheese shredded kraft
- 1.5 cups tomatoes chopped
- 3 cups water
- 0.8 cup creamy wheat cereal hot uncooked (enriched farina) (1-minute, 2-)

Equipment

- frying pan
- sauce pan

Directions

- Bring water to boil in large saucepan. Stir in garlic. Gradually add cereal; cook 1 to 3 minutes or until thickened, stirring constantly.
- Remove from heat.
- Spread into greased 8-inch square pan; cover.
- Refrigerate 30 minutes or until firm.
- Cut into 4 (4-inch) squares; cut each square diagonally into quarters to form 4 triangles. (You should have a total of 16 triangles.)
- Heat 2 tsp. of the oil in large nonstick skillet.
- Add 8 of the polenta triangles; cook 2 to 3 minutes on each side or until crisp and golden brown on both sides.
- Remove from skillet; cover to keep warm. Repeat with remaining 2 tsp. oil and polenta triangles.
- Sprinkle with cheese; let stand until melted.
- Meanwhile, mix remaining ingredients.
- Serve over polenta.

Nutrition Facts



Properties

Glycemic Index:201, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:71.795652679775%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 963.71kcal (48.19%), Fat: 32.18g (49.51%), Saturated Fat: 8.1g (50.6%), Carbohydrates: 168.12g (56.04%), Net Carbohydrates: 139.59g (50.76%), Sugar: 27.19g (30.21%), Cholesterol: 28.25mg (9.42%), Sodium: 2421.83mg (105.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.24g (58.49%), Vitamin D: 151.14µg (1007.58%), Folate: 1574.88µg (393.72%), Iron: 56.33mg (312.94%), Zinc: 21.6mg (144.02%), Vitamin C: 107.94mg (130.84%), Fiber: 28.53g (114.12%), Vitamin B6: 2.28mg (113.95%), Vitamin B2: 1.82mg (107.33%), Vitamin B1: 1.57mg (104.59%), Vitamin B3: 20.72mg (103.62%), Vitamin B12: 5.96µg (99.37%), Vitamin K: 95.89µg (91.32%), Vitamin A: 4540IU (90.8%), Phosphorus: 786.88mg (78.69%), Calcium: 681.13mg (68.11%), Manganese: 1.18mg (59.18%), Magnesium: 213.79mg (53.45%), Potassium: 1478.54mg (42.24%), Vitamin E: 4.47mg (29.82%), Copper: 0.41mg (20.35%), Selenium: 8.9µg (12.72%), Vitamin B5: 0.52mg (5.25%)