



Polenta with Fresh Tomatoes and Parmesan Crisps | Polenta Made Easy

 Gluten Free  Popular

READY IN



60 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

Ingredients

- ☐ 1 small handful basil fresh finely chopped
- ☐ 1 Tablespoon olive oil extra virgin
- ☐ 1 small clove garlic finely chopped
- ☐ 1 tsp kosher salt
- ☐ 0.5 cup parmesan freshly grated (for the crisps)
- ☐ 0.5 cup parmesan freshly grated (for the polenta)
- ☐ 4 servings pepper freshly ground

- ☐ 1 cup polenta fine
- ☐ 2 cups tomatoes fresh chopped
- ☐ 2 Tablespoons butter unsalted
- ☐ 5 cups water

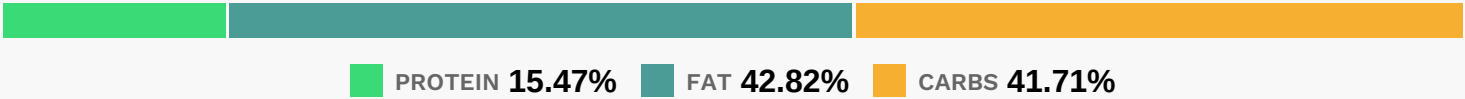
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Pour a tablespoon of Parmesan in a round on a silicone or parchment lined baking sheet and lightly pat down. Repeat with the remaining cheese, spacing the spoonfuls about a 1/2 inch apart, (you should have 8 to 10 mounds).
- ☐ Bake for 3 to 5 minutes or until golden and crisp. Cool.
- ☐ Mix tomatoes, garlic and basil in a small bowl.
- ☐ Sprinkle with a pinch of salt and stir in olive oil; set aside. Put polenta in a medium saucepan with the water and the salt; whisk to eliminate any lumps. Put pan over medium-high heat, and bring to a simmer while stirring with a wooden spoon. The mixture should thicken and begin to bubble like lava. Reduce heat to medium-low and cover. Simmer polenta, covered, over low heat, stirring every 10 minutes until done. Stir from the bottom of the pot so that the thickened polenta doesn't scorch. Polenta will be done in about 20 to 45 minutes, depending on grind.
- ☐ Add the butter and cheese. Taste and add salt if necessary, and freshly ground pepper.
- ☐ Serve in wide bowls, forming a well in the center. Spoon the tomato mixture into the well and serve right away with the Parmesan crisps.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:9.3113044759502%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 341.5kcal (17.07%), Fat: 16.27g (25.03%), Saturated Fat: 8.27g (51.66%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 34.09g (12.4%), Sugar: 2.43g (2.7%), Cholesterol: 32.05mg (10.68%), Sodium: 1001.79mg (43.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.45%), Calcium: 317.88mg (31.79%), Phosphorus: 223.66mg (22.37%), Vitamin A: 1102.82IU (22.06%), Selenium: 12.57µg (17.95%), Vitamin C: 10.53mg (12.76%), Vitamin K: 11.28µg (10.74%), Magnesium: 33.72mg (8.43%), Manganese: 0.16mg (8.24%), Vitamin B6: 0.15mg (7.57%), Vitamin E: 1.13mg (7.53%), Potassium: 261.67mg (7.48%), Vitamin B2: 0.12mg (6.87%), Zinc: 1.03mg (6.86%), Copper: 0.14mg (6.81%), Fiber: 1.58g (6.32%), Vitamin B1: 0.09mg (6.07%), Vitamin B12: 0.31µg (5.2%), Vitamin B3: 1mg (5.01%), Iron: 0.87mg (4.82%), Folate: 15.5µg (3.88%), Vitamin B5: 0.39mg (3.87%), Vitamin D: 0.23µg (1.53%)