



Polenta with Gorgonzola and Almonds

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds unsalted chopped
- ☐ 2 ounces gorgonzola
- ☐ 1.5 cups milk
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup oats
- ☐ 2 tablespoons butter unsalted
- ☐ 3.5 cups water

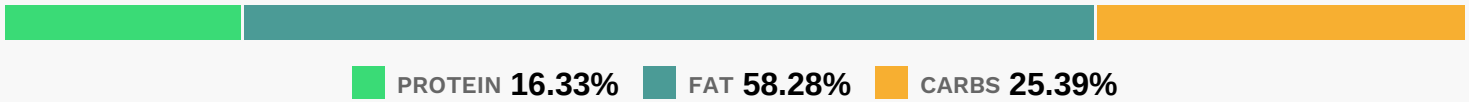
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water, milk, and 3/4 teaspoon salt to a boil in a large heavy saucepan.
- ☐ Sprinkle in polenta and cook over mediumheat, whisking constantly, 5 minutes.
- ☐ Remove from heat and whisk in parmesan and butter.
- ☐ Serve sprinkled with Gorgonzola, almonds, and 1/2 teaspoon coarsely ground black pepper.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:9.62, Inflammation Score:-6, Nutrition Score:14.624782665916%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 323.83kcal (16.19%), Fat: 21.63g (33.27%), Saturated Fat: 9.65g (60.32%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 17.81g (6.48%), Sugar: 5.33g (5.92%), Cholesterol: 40.91mg (13.64%), Sodium: 309.75mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Manganese: 1.15mg (57.52%), Phosphorus: 342.48mg (34.25%), Calcium: 310.86mg (31.09%), Magnesium: 106.11mg (26.53%), Vitamin E: 3.45mg (23%), Vitamin B2: 0.36mg (21.4%), Selenium: 12.65µg (18.07%), Fiber: 3.39g (13.58%), Zinc: 1.97mg (13.14%), Vitamin B1: 0.19mg (12.8%), Vitamin B12: 0.75µg (12.57%), Copper: 0.24mg (12.03%), Potassium: 340.88mg (9.74%), Vitamin A: 480.25IU (9.6%), Vitamin B5: 0.82mg (8.22%), Iron: 1.48mg (8.22%), Vitamin D: 1.21µg (8.09%), Vitamin B6: 0.12mg (6.09%), Folate: 17.48µg (4.37%), Vitamin B3: 0.86mg (4.29%), Vitamin K: 1.86µg (1.77%)