



Polenta with Peas and Pancetta

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

Ingredients

- 1.5 cups chicken stock see
- 0.8 cup milk
- 1 tablespoon olive oil extra-virgin
- 2 handfuls a couple parmigiano-reggiano grated
- 1 cup peas frozen
- 0.8 cup cooking polenta quick
- 6 servings salt and pepper black freshly ground
- 2 slices pancetta cut as as bacon thick chopped

Equipment

whisk

pot

Directions

Heat the oil in sauce pot over medium-high heat.

Add pancetta and cook until crisp, 5 minutes then remove to a plate.

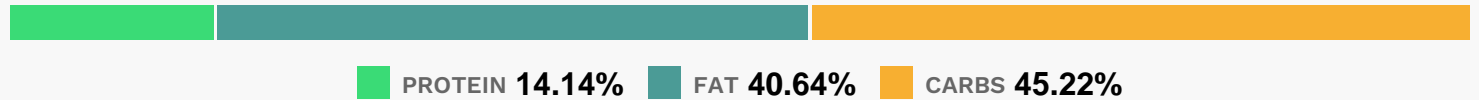
Add the liquids to the sauce pot and bring to boil.

Whisk polenta into the liquid and continue to whisk 2 to 3 minutes to thicken. Season with salt and pepper and stir in peas to heat through 1 minute more.

Remove from heat, stir in cheese and adjust seasoning.

Garnish with pancetta.

Nutrition Facts



Properties

Glycemic Index:23.56, Glycemic Load:1.49, Inflammation Score:-3, Nutrition Score:6.4078260815662%

Nutrients (% of daily need)

Calories: 205.44kcal (10.27%), Fat: 9.22g (14.18%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 21.35g (7.76%), Sugar: 3.92g (4.35%), Cholesterol: 13.61mg (4.54%), Sodium: 183.64mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Vitamin C: 9.79mg (11.86%), Selenium: 8.21µg (11.72%), Vitamin B3: 2.21mg (11.04%), Vitamin B1: 0.16mg (10.77%), Phosphorus: 107.37mg (10.74%), Vitamin B2: 0.14mg (8.47%), Vitamin B6: 0.16mg (7.89%), Vitamin K: 7.84µg (7.47%), Fiber: 1.72g (6.88%), Manganese: 0.14mg (6.78%), Potassium: 220.36mg (6.3%), Vitamin A: 286.21IU (5.72%), Magnesium: 21.16mg (5.29%), Calcium: 50.77mg (5.08%), Zinc: 0.74mg (4.95%), Folate: 19.74µg (4.94%), Copper: 0.1mg (4.83%), Iron: 0.75mg (4.19%), Vitamin B12: 0.23µg (3.81%), Vitamin B5: 0.3mg (3.05%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.39µg (2.57%)