



Polenta with Port-Poached Quince and Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple juice
- ☐ 1.5 ounces cheese blue crumbled
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 16 ounce polenta cut into 14 (1/2-inch) slices
- ☐ 1 cup tawny port
- ☐ 1 cup quinces cored peeled chopped (1 medium quince)
- ☐ 1 rosemary sprig

☐ 0.3 cup sugar

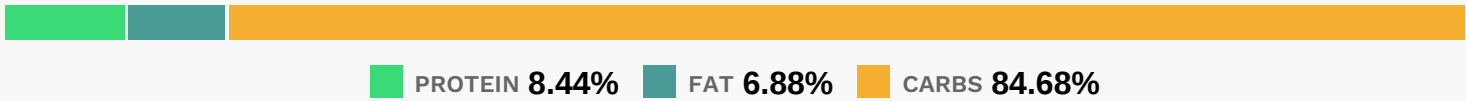
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ sieve
- ☐ broiler

Directions

- ☐ Bring first 4 ingredients to a boil in a medium saucepan over medium-high heat.
- ☐ Add quince; reduce heat to medium-low (mixture will just barely simmer), and cook 45 minutes or until quince is tender.
- ☐ Remove from heat, and cool to room temperature. Strain quince mixture through a sieve into a bowl, reserving quince and liquid; discard rosemary. Return liquid to pan; bring to a boil over medium-high heat. Cook 10 minutes or until reduced to about 1/4 cup; keep warm.
- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Arrange polenta slices in pan in a single layer; sprinkle with pepper. Cook for 8 minutes or until lightly browned; turn and cook an additional 8 minutes or until lightly browned.
- ☐ Place polenta rounds on a baking sheet. Top each round with 1 tablespoon quince and about 1 teaspoon cheese. Broil 2 minutes or until cheese melts.
- ☐ Place rounds on a platter; drizzle evenly with the reduced poaching liquid.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.26, Glycemic Load:8.23, Inflammation Score:-4, Nutrition Score:5.0160869418279%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 2.27mg, Petunidin: 2.27mg, Petunidin: 2.27mg, Petunidin: 2.27mg Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg Malvidin: 32.51mg, Malvidin: 32.51mg, Malvidin: 32.51mg, Malvidin: 32.51mg Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg, Catechin: 4.08mg Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg, Epicatechin: 4.49mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 380.17kcal (19.01%), Fat: 2.63g (4.05%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 72.81g (24.27%), Net Carbohydrates: 71.02g (25.82%), Sugar: 13.65g (15.17%), Cholesterol: 4.56mg (1.52%), Sodium: 76.47mg (3.32%), Alcohol: 5.25g (100%), Alcohol %: 3.66% (100%), Protein: 7.26g (14.51%), Selenium: 12.36µg (17.65%), Phosphorus: 82.36mg (8.24%), Manganese: 0.16mg (7.75%), Fiber: 1.79g (7.17%), Vitamin B1: 0.11mg (7.11%), Potassium: 240.41mg (6.87%), Magnesium: 26.73mg (6.68%), Vitamin C: 5.4mg (6.54%), Vitamin B6: 0.13mg (6.29%), Copper: 0.12mg (5.86%), Iron: 1.05mg (5.83%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.48mg (4.77%), Calcium: 43.55mg (4.36%), Vitamin B2: 0.07mg (4.3%), Vitamin A: 200.12IU (4%), Zinc: 0.47mg (3.16%), Folate: 6.51µg (1.63%), Vitamin B12: 0.07µg (1.24%)