

Polenta with Rosemary and Parmesan

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons rosemary fresh chopped
- 3 cloves garlic minced
- 2.8 cups chicken broth low-sodium
- 1.5 cups milk
- 1 teaspoon salt
- 6 servings salt and pepper black to taste
- 2 cups water
- 1.5 cups cornmeal yellow

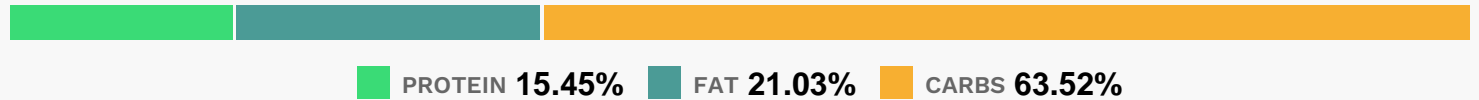
Equipment

- sauce pan
- oven
- whisk

Directions

- In a saucepan, bring to a boil the chicken broth, water, milk, garlic, rosemary, and salt. Gradually whisk in cornmeal, set heat to medium-low, and simmer the cornmeal mixture until thick and creamy, stirring often to prevent lumps, about 15 minutes.
- Remove from the heat, and stir in the Parmesan cheese until well combined.
- Preheat oven to 375 degrees F (190 degrees C). Grease a 2-quart casserole. Spoon the polenta into the prepared casserole, adding more Parmesan cheese if desired.
- Sprinkle the top with salt and pepper.
- Bake in the preheated oven until the polenta is bubbling and golden brown on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:18.51, Inflammation Score:-3, Nutrition Score:7.9404347085434%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.81kcal (10.44%), Fat: 4.95g (7.61%), Saturated Fat: 1.74g (10.91%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 29.85g (10.86%), Sugar: 3.71g (4.12%), Cholesterol: 7.32mg (2.44%), Sodium: 642.79mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.35%), Phosphorus: 185.81mg (18.58%), Fiber: 3.77g (15.09%), Vitamin B6: 0.3mg (15.06%), Manganese: 0.28mg (14.2%), Magnesium: 52.14mg (13.03%), Vitamin B3: 2.54mg (12.69%), Zinc: 1.62mg (10.78%), Vitamin B1: 0.16mg (10.43%), Vitamin B2: 0.16mg (9.13%), Potassium:

318.82mg (9.11%), Calcium: 87.26mg (8.73%), Copper: 0.17mg (8.48%), Iron: 1.45mg (8.04%), Vitamin B12: 0.44µg (7.29%), Selenium: 3.76µg (5.37%), Vitamin B5: 0.47mg (4.73%), Vitamin D: 0.67µg (4.47%), Folate: 13.59µg (3.4%), Vitamin A: 99.69IU (1.99%), Vitamin E: 0.18mg (1.19%)