

Polenta with Rosemary and Parmesan

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



241 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
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper black to taste
- ☐ 2 cups water

☐ 1.5 cups cornmeal yellow

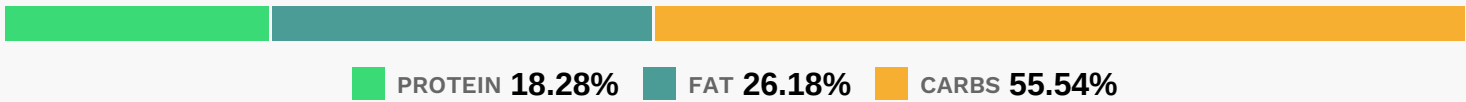
Equipment

- ☐ 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:27.25, Glycemic Load:18.58, Inflammation Score:-4, Nutrition Score:9.1565218062504%

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: 241.48kcal (12.07%), Fat: 7.1g (10.92%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 30.12g (10.95%), Sugar: 3.78g (4.2%), Cholesterol: 12.99mg (4.33%), Sodium: 776.29mg (33.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.31%), Phosphorus: 243.64mg (24.36%), Calcium: 185.93mg (18.59%), Vitamin B6: 0.31mg (15.44%), Fiber: 3.77g (15.09%), Manganese: 0.29mg (14.29%), Magnesium:

55.8mg (13.95%), Vitamin B3: 2.56mg (12.81%), Zinc: 1.85mg (12.31%), Vitamin B2: 0.18mg (10.76%), Vitamin B1: 0.16mg (10.64%), Potassium: 326.49mg (9.33%), Vitamin B12: 0.54µg (8.96%), Copper: 0.17mg (8.61%), Iron: 1.52mg (8.42%), Selenium: 5.63µg (8.05%), Vitamin B5: 0.51mg (5.11%), Vitamin D: 0.71µg (4.75%), Folate: 14.17µg (3.54%), Vitamin A: 164.77IU (3.3%), Vitamin E: 0.2mg (1.31%)