



# Polenta with Spinach, Black Beans, and Goat Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 ounce baby spinach fresh
- 1 tablespoon butter
- 15 ounce black beans rinsed drained canned
- 2 garlic cloves minced
- 3 ounces goat cheese crumbled
- 0.5 teaspoon ground cumin
- 1 teaspoon olive oil

- 1 cup polenta uncooked
- 0.5 teaspoon salt
- 0.3 cup oil-packed sun-dried tomato halves drained chopped
- 0.5 cup less-sodium vegetable broth fat-free organic (such as Swanson Certified )
- 4 cups water

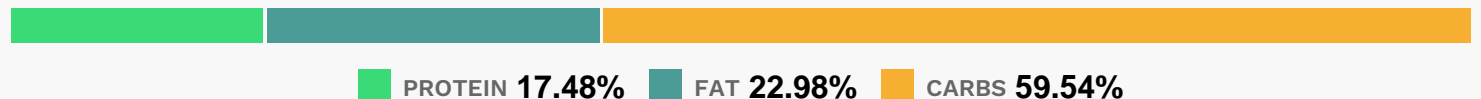
## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add garlic to pan; saut 1 minute or until golden. Stir in broth, tomatoes, cumin, and beans; bring to a simmer. Cook 2 minutes, stirring occasionally.
- Remove from heat.
- Add spinach, tossing to combine.
- Bring water to a boil in a medium saucepan.
- Add polenta, butter, and salt; stir well with a whisk. Reduce heat, and simmer 3 minutes or until thick, stirring constantly. Spoon 3/4 cup polenta into each of 4 bowls; top each with 3/4 cup bean mixture.
- Sprinkle 3 tablespoons cheese over each serving; garnish with black pepper, if desired.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:25.255652046722%

## Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

## **Nutrients (% of daily need)**

Calories: 366.85kcal (18.34%), Fat: 9.54g (14.68%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 55.61g (18.54%), Net Carbohydrates: 45.67g (16.61%), Sugar: 3.36g (3.73%), Cholesterol: 17.31mg (5.77%), Sodium: 853.54mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Vitamin K: 209.74µg (199.75%), Vitamin A: 4447.32IU (88.95%), Manganese: 0.85mg (42.68%), Fiber: 9.94g (39.75%), Folate: 156.74µg (39.18%), Copper: 0.59mg (29.36%), Iron: 4.8mg (26.66%), Magnesium: 102.01mg (25.5%), Potassium: 871.92mg (24.91%), Phosphorus: 247.96mg (24.8%), Vitamin C: 18mg (21.82%), Vitamin B2: 0.34mg (20.11%), Vitamin B1: 0.29mg (19.31%), Vitamin B6: 0.3mg (14.78%), Selenium: 9.8µg (14%), Calcium: 130.6mg (13.06%), Vitamin B3: 2.18mg (10.91%), Zinc: 1.35mg (9.01%), Vitamin E: 1.14mg (7.58%), Vitamin B5: 0.72mg (7.17%)