



Polenta With Winter Salad, Poached Egg And Blue Cheese Recipe

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 dash balsamic vinegar white
- 1 ounce cheese grated
- 1 handful cherry tomatoes
- 4 large eggs
- 3 tablespoons olive oil extra virgin
- 0.5 head salad leaves curly endive
- 1 ounces gorgonzola blue

- 4 servings pepper freshly ground
- 1 cup polenta
- 0.3 small head radicchio thinly chopped
- 4 servings sea salt
- 3 tablespoons butter unsalted
- 3.5 cups water
- 1.3 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- wooden spoon

Directions

- Bring 3 cups of the water to a boil in a medium saucepan over medium-high heat. Slowly add the polenta, stir with a wooden spoon and add 1 teaspoon salt. Reduce the heat to medium and cook, stirring occasionally, until the polenta is tender and fully cooked, about 20 minutes.
- Add the milk, 2 tablespoons of the butter and the cheddar to the polenta and stir together over medium-low heat until just warmed through and soft enough to drop easily from a spoon, a few minutes more. Cover to keep warm.
- Heat the olive oil in your largest skillet over medium-high heat.
- Add the tomatoes and cook, stirring occasionally, until they are charred and have burst, about 4 minutes. Season with salt and pepper.
- Add the radicchio and frisée and cook until wilted, about 3 minutes. Stir in the vinegar, the remaining 1/2 cup water and the remaining 1 tablespoon butter. Reduce the heat to medium-low and toss together. Spoon the polenta into bowls and top with the salad and poached eggs. Crumble the blue cheese over the top before serving. Try out these polenta recipes on Food Republic: [Crispy Grilled Polenta Recipe](#)
- [Creamy Polenta With Forest Mushrooms Recipe](#)
- [Goat Cheese And Polenta Stack Recipe](#)

Nutrition Facts

PROTEIN 13.07% FAT 56.18% CARBS 30.75%

Properties

Glycemic Index:43.5, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:20.764782573866%

Flavonoids

Cyanidin: 11.91mg, Cyanidin: 11.91mg, Cyanidin: 11.91mg, Cyanidin: 11.91mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 4.16mg, Luteolin: 4.16mg, Luteolin: 4.16mg, Luteolin: 4.16mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 499.24kcal (24.96%), Fat: 31.26g (48.1%), Saturated Fat: 12.6g (78.78%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 36.5g (13.27%), Sugar: 4.93g (5.48%), Cholesterol: 230.13mg (76.71%), Sodium: 450.64mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.72%), Vitamin K: 116.56µg (111.01%), Vitamin A: 2575.28IU (51.51%), Selenium: 26.96µg (38.52%), Phosphorus: 289.89mg (28.99%), Vitamin B2: 0.45mg (26.28%), Calcium: 251.66mg (25.17%), Vitamin E: 3.35mg (22.3%), Vitamin B5: 1.79mg (17.85%), Vitamin B12: 1.04µg (17.27%), Folate: 68.98µg (17.25%), Vitamin C: 11.78mg (14.27%), Vitamin D: 2.07µg (13.83%), Potassium: 453.27mg (12.95%), Vitamin B6: 0.26mg (12.85%), Zinc: 1.8mg (12.03%), Copper: 0.24mg (11.87%), Manganese: 0.23mg (11.41%), Magnesium: 43.28mg (10.82%), Iron: 1.81mg (10.08%), Vitamin B1: 0.14mg (9.62%), Fiber: 2.01g (8.02%), Vitamin B3: 0.94mg (4.7%)