



Pumpkin-Sage Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup pumpkin puree canned
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2.5 cups milk 1% low-fat
- ☐ 1 ounce parmesan fresh shaved
- ☐ 3 ounces parmesan fresh grated
- ☐ 1.3 cups polenta dry instant
- ☐ 1.3 teaspoons salt
- ☐ 2 cups water

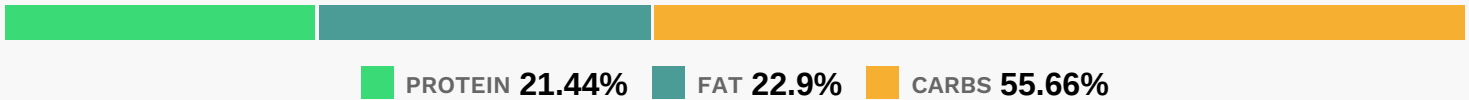
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring milk and water to a boil in a large saucepan over medium heat.
- ☐ Add pumpkin and salt; stir with a whisk. Reduce heat to low, and gradually whisk in polenta; cook 1 minute or until thick.
- ☐ Remove from heat.
- ☐ Add 3/4 cup grated Parmesan, cream cheese, and sage; stir until cheeses melt. Top with shaved Parmesan.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:14.225652305976%

Nutrients (% of daily need)

Calories: 188.35kcal (9.42%), Fat: 4.76g (7.33%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 24.93g (9.06%), Sugar: 4.69g (5.21%), Cholesterol: 13.33mg (4.44%), Sodium: 623.59mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Copper: 2.33mg (116.58%), Vitamin A: 3883.05IU (77.66%), Calcium: 274.14mg (27.41%), Phosphorus: 200.79mg (20.08%), Selenium: 9.05µg (12.93%), Vitamin B12: 0.62µg (10.33%), Vitamin B2: 0.17mg (10.21%), Magnesium: 28.95mg (7.24%), Manganese: 0.14mg (7.06%), Potassium: 214.93mg (6.14%), Vitamin D: 0.88µg (5.88%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.87mg (5.79%), Vitamin B5: 0.54mg (5.43%), Vitamin B6: 0.11mg (5.33%), Fiber: 1.12g (4.47%), Iron: 0.77mg (4.28%), Vitamin K: 4.06µg (3.87%), Vitamin B3: 0.5mg (2.52%), Vitamin E: 0.29mg (1.93%), Folate: 6.47µg (1.62%), Vitamin C: 0.96mg (1.17%)