



Red Pepper Polenta with Gorgonzola



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 2 cups vegetable stock (from 32-oz container)
- ☐ 1 cup cornmeal yellow
- ☐ 2 cloves garlic finely chopped
- ☐ 2 oz gorgonzola crumbled
- ☐ 1 cup milk
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup bell pepper red coarsely chopped
- ☐ 0.5 teaspoon salt

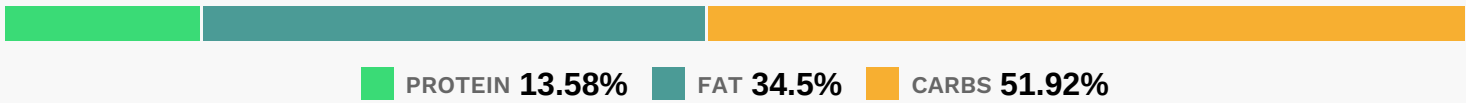
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat oil over medium heat. Cook garlic and bell pepper in oil about 2 minutes, stirring occasionally, until bell pepper is crisp-tender.
- ☐ Stir in vegetable stock and milk; heat to boiling. Gradually stir in cornmeal and salt; reduce heat to low. Simmer uncovered about 30 minutes, stirring frequently, until slightly thickened.
- ☐ Spray 10-inch pie plate with cooking spray.
- ☐ Pour polenta into pie plate.
- ☐ Sprinkle with cheese.
- ☐ Let stand about 10 minutes or until cheese is melted and polenta is firm enough to cut.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:9.76, Inflammation Score:-5, Nutrition Score:5.6456521386686%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 134.95kcal (6.75%), Fat: 5.21g (8.02%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 15.56g (5.66%), Sugar: 2.71g (3.01%), Cholesterol: 8.98mg (2.99%), Sodium: 474.75mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Vitamin C: 12.15mg (14.73%), Phosphorus: 106.52mg (10.65%), Vitamin A: 520.27IU (10.41%), Vitamin B6: 0.18mg (9.2%), Fiber: 2.08g (8.32%), Calcium: 78.24mg (7.82%), Manganese: 0.15mg (7.63%), Magnesium: 27.87mg (6.97%), Zinc: 0.96mg (6.41%), Vitamin B1: 0.09mg (5.69%), Vitamin B2: 0.1mg (5.67%), Potassium: 150.59mg (4.3%), Vitamin B12: 0.25µg (4.19%), Selenium: 2.92µg (4.17%), Vitamin B5: 0.39mg (3.89%), Iron: 0.68mg (3.75%), Vitamin B3: 0.69mg (3.46%), Folate: 13.62µg

(3.4%), Copper: 0.06mg (2.76%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.37µg (2.47%), Vitamin K: 1.37µg (1.31%)