



Rice Cooker Super Cheesy Polenta

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 1 clove garlic minced
- ☐ 1 cup milk
- ☐ 0.5 onion chopped
- ☐ 2 ounces parmesan cheese shredded
- ☐ 0.5 cup polenta

- ☐ 0.3 teaspoon salt to taste
- ☐ 2 ounces cheddar cheese shredded

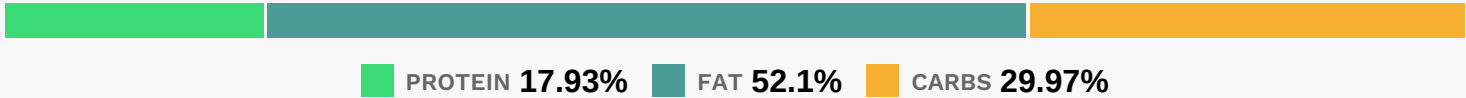
Equipment

- ☐ rice cooker

Directions

- ☐ Place butter, onion, and garlic in rice cooker; close lid and turn on cooker. Cook until onion is soft and translucent, stirring occasionally, 10 to 15 minutes.
- ☐ Add chicken broth, milk, polenta, and salt. Cover and cook on full cycle, stirring occasionally, until polenta has absorbed the liquid, about 20 minutes.
- ☐ Add Cheddar cheese, Parmesan cheese, and black pepper; stir until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:7.7778260500535%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 284.38kcal (14.22%), Fat: 16.49g (25.37%), Saturated Fat: 9.83g (61.42%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 20.75g (7.54%), Sugar: 4.07g (4.52%), Cholesterol: 47.36mg (15.79%), Sodium: 752.18mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.53%), Calcium: 352.67mg (35.27%), Phosphorus: 248.77mg (24.88%), Selenium: 12.23µg (17.46%), Vitamin B2: 0.24mg (14.32%), Vitamin A: 571.22IU (11.42%), Vitamin B12: 0.67µg (11.22%), Zinc: 1.32mg (8.82%), Magnesium: 25.26mg (6.31%), Vitamin B1: 0.09mg (6.02%), Vitamin B6: 0.12mg (5.77%), Vitamin D: 0.83µg (5.51%), Potassium: 179.71mg (5.13%), Manganese: 0.1mg (5.07%), Vitamin B5: 0.48mg (4.83%), Vitamin B3: 0.5mg (2.51%), Iron: 0.44mg (2.42%), Fiber: 0.6g (2.4%), Vitamin E: 0.36mg (2.39%), Copper: 0.04mg (2.15%), Folate: 7.83µg (1.96%), Vitamin C: 1.25mg (1.52%), Vitamin K: 1.59µg (1.51%)