



Rosemary Chicken With Two-Corn Polenta

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup whole-kernel corn fresh frozen thawed (1 ear)
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt divided
- ☐ 16 ounce skinned
- ☐ 2 cups water
- ☐ 0.5 cup cornmeal yellow

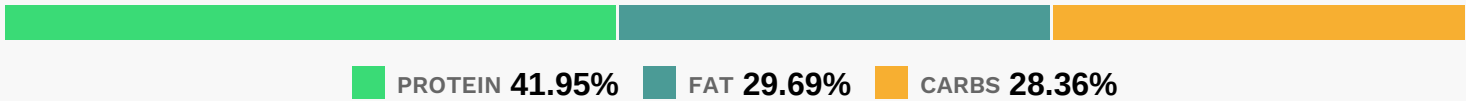
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place cornmeal and 1/4 teaspoon salt in a large saucepan. Gradually add water, stirring constantly with a whisk. Bring to a boil. Reduce heat to medium; cook 10 minutes, stirring frequently. Stir in corn kernels. Set aside; keep warm.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle with 1/4 teaspoon salt, chopped rosemary, and pepper.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and saut 3 minutes on each side or until done.
- ☐ Arrange a chicken breast half and 1/2 cup polenta on each of 4 plates; drizzle 1/2 teaspoon oil over each serving of polenta.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:8.65, Inflammation Score:-4, Nutrition Score:14.264347993809%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 257.35kcal (12.87%), Fat: 8.38g (12.89%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 15.7g (5.71%), Sugar: 1.45g (1.61%), Cholesterol: 72.57mg (24.19%), Sodium: 431.88mg (18.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Vitamin B3: 12.64mg (63.22%), Selenium: 37.59µg (53.7%), Vitamin B6: 0.99mg (49.27%), Phosphorus: 299.41mg (29.94%), Vitamin B5: 1.87mg (18.69%), Potassium: 536.78mg (15.34%), Magnesium: 59.21mg (14.8%), Vitamin B1: 0.16mg (10.7%), Manganese: 0.19mg (9.37%), Fiber: 2.32g (9.27%), Zinc: 1.38mg (9.17%), Vitamin B2: 0.14mg (8.4%), Iron: 1.17mg (6.51%), Vitamin E: 0.88mg (5.86%), Copper: 0.11mg (5.5%), Folate: 19.46µg (4.87%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.7mg (3.28%), Vitamin K: 2.83µg (2.7%), Vitamin A: 82.88IU (1.66%), Calcium: 12.86mg (1.29%)