



Rosemary Polenta

 Gluten Free

READY IN



16 min.

SERVINGS



18

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups chicken stock see homemade
- ☐ 2 cups cornmeal
- ☐ 18 servings flour for frying
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 3 cloves garlic minced
- ☐ 2 cups half-and-half
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 cups milk
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan good grated
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 0.3 pound butter unsalted 1 stick

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat the butter and olive oil in a large saucepan.
- ☐ Add the garlic, red pepper flakes, rosemary, salt, and pepper and saute for 1 minute.
- ☐ Add the chicken stock, half-and-half, and milk and bring to a boil.
- ☐ Remove from the heat and slowly sprinkle the cornmeal into the hot milk while stirring constantly with a whisk. Cook over low heat, stirring constantly, for a few minutes, until thickened and bubbly. Off the heat, stir in the Parmesan.
- ☐ Pour into a 9 by 13 by 2-inch pan, smooth the top, and refrigerate until firm and cold.
- ☐ Cut the chilled polenta into 12 squares, as you would with brownies. Lift each one out with a spatula and cut diagonally into triangles. Dust each triangle lightly in flour.
- ☐ Heat 1 tablespoon olive oil and 1 tablespoon butter in a large saute pan and cook the triangles in batches over medium heat for 3 to 5 minutes, turning once, until browned on the outside and heated inside.
- ☐ Add more butter and oil, as needed.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **9.12%**  FAT **62.99%**  CARBS **27.89%**

Properties

Glycemic Index:10.86, Glycemic Load:8.24, Inflammation Score:-3, Nutrition Score:5.6386956779853%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 242.27kcal (12.11%), Fat: 17.13g (26.35%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.34g (5.58%), Sugar: 3.36g (3.74%), Cholesterol: 29.3mg (9.77%), Sodium: 196.44mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Phosphorus: 125.46mg (12.55%), Calcium: 100.41mg (10.04%), Vitamin B2: 0.15mg (9%), Vitamin B6: 0.17mg (8.5%), Vitamin E: 1.19mg (7.93%), Vitamin A: 352.89IU (7.06%), Magnesium: 28.19mg (7.05%), Fiber: 1.72g (6.9%), Manganese: 0.13mg (6.65%), Vitamin B1: 0.09mg (6.2%), Zinc: 0.91mg (6.09%), Selenium: 4.1µg (5.86%), Vitamin B3: 1.15mg (5.77%), Potassium: 184.13mg (5.26%), Vitamin K: 4.74µg (4.52%), Vitamin B12: 0.24µg (4.03%), Iron: 0.72mg (3.98%), Copper: 0.07mg (3.62%), Vitamin B5: 0.31mg (3.08%), Vitamin D: 0.41µg (2.71%), Folate: 9.26µg (2.31%)