



52
QUICK MEALS
TO COOK
FOR FAMILY
& FRIENDS



Sage Polenta



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 4 servings coarse salt and pepper freshly ground
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 cup coarse polenta italian
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 5 cups water as needed plus more

Equipment

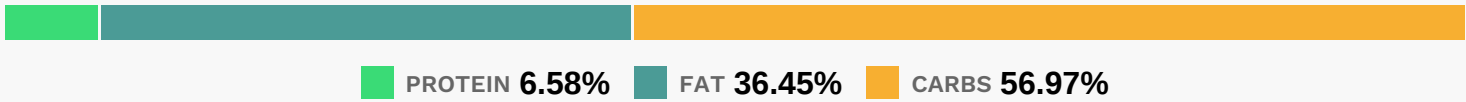
- ☐ frying pan
- ☐ sauce pan

☐ whisk

Directions

- ☐ Bring the water to a boil in a large saucepan over high heat, then add 2 teaspoons salt.
- ☐ Whisking constantly, add polenta in a slow, steady stream and return to a boil. Reduce heat to a very low simmer. Cover partially; cook, stirring occasionally, until mixture is creamy and starting to pull away from the sides of the pan, about 40 minutes, adding sage in last 5 minutes. If polenta is too thick to stir, add more water (up to 1/2 cup), a little at a time, and continue cooking, stirring occasionally.
- ☐ Remove from heat. Stir in butter, and season with pepper and more salt, as desired.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.5400000214577%

Nutrients (% of daily need)

Calories: 227.12kcal (11.36%), Fat: 9.15g (14.07%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 31.31g (11.38%), Sugar: 0.26g (0.29%), Cholesterol: 22.58mg (7.53%), Sodium: 210.28mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Copper: 9.17mg (458.64%), Manganese: 0.34mg (17.08%), Selenium: 6.86µg (9.8%), Vitamin A: 347.46IU (6.95%), Magnesium: 19.01mg (4.75%), Iron: 0.74mg (4.09%), Vitamin B1: 0.06mg (4.07%), Fiber: 0.85g (3.4%), Phosphorus: 32.65mg (3.26%), Calcium: 31.97mg (3.2%), Vitamin B6: 0.06mg (2.94%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.2mg (2.04%), Potassium: 69.81mg (1.99%), Zinc: 0.26mg (1.72%), Vitamin E: 0.24mg (1.62%), Vitamin B2: 0.02mg (1.36%), Vitamin D: 0.16µg (1.05%)