



Savory Polenta

READY IN



60 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 quart chicken stock see
- ☐ 2 cloves garlic finely minced
- ☐ 1 cup coarse ground cornmeal
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons olive oil for grilling or sauteing if desired
- ☐ 2 ounces parmesan grated
- ☐ 0.8 cup onion red finely chopped
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ cake form
- ☐ grill
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ In a large, oven-safe saucepan heat the olive oil over medium heat.
- ☐ Add the red onion and salt and sweat until the onions begin to turn translucent, approximately 4 to 5 minutes. Reduce the heat to low, add the garlic, and saute for 1 to 2 minutes, making sure the garlic does not burn.
- ☐ Turn the heat up to high, add the chicken stock, bring to a boil. Gradually add the cornmeal while continually whisking. Once you have added all of the cornmeal, cover the pot and place it in the oven. Cook for 35 to 40 minutes, stirring every
- ☐ minutes to prevent lumps. Once the mixture is creamy, remove from the oven and add the butter, salt, and pepper. Once they are incorporated, gradually add the Parmesan.
- ☐ Serve as is, or pour the polenta into 9 by 13-inch cake pan lined with parchment paper.
- ☐ Place in the refrigerator to cool completely.
- ☐ Once set, turn the polenta out onto a cutting board and cut into squares, rounds, or triangles.
- ☐ Brush each side with olive oil and saute in a nonstick skillet over medium heat, or grill.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:12.12, Inflammation Score:-4, Nutrition Score:8.2195652567822%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 296.73kcal (14.84%), Fat: 16.26g (25.02%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 24.57g (8.94%), Sugar: 3.84g (4.27%), Cholesterol: 26.21mg (8.74%), Sodium: 961.21mg (41.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.63%), Phosphorus: 176.93mg (17.69%), Vitamin B3: 3.21mg (16.03%), Vitamin B6: 0.3mg (14.9%), Calcium: 127.07mg (12.71%), Vitamin B2: 0.2mg (11.71%), Fiber: 2.87g (11.49%), Manganese: 0.23mg (11.33%), Selenium: 7.5µg (10.72%), Magnesium: 41.37mg (10.34%), Vitamin B1: 0.15mg (10%), Zinc: 1.36mg (9.04%), Potassium: 295.8mg (8.45%), Copper: 0.17mg (8.29%), Iron: 1.3mg (7.23%), Vitamin E: 1.01mg (6.71%), Folate: 21.61µg (5.4%), Vitamin A: 254.41IU (5.09%), Vitamin K: 4.06µg (3.87%), Vitamin C: 2.11mg (2.55%), Vitamin B5: 0.24mg (2.4%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.15µg (1.01%)