



Semolina Polenta

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 3 cups milk
- ☐ 0.5 cup parmigiano-reggiano cheese freshly grated
- ☐ 1 cup pasta flour

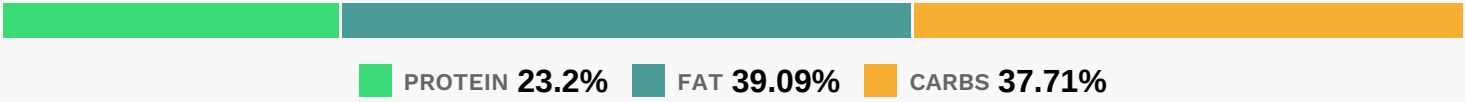
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ Cook milk in a heavy nonaluminum saucepan over medium heat, stirring often, 6 minutes or just until bubbles appear (do not boil). Stir in semolina. Cook, stirring constantly, 2 minutes or just until semolina begins to set. Stir in 1/2 cup cheese and salt and pepper to taste. If desired, whisk in up to 1/3 cup cream for desired consistency.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:7.87, Inflammation Score:-4, Nutrition Score:9.4895651832871%

Nutrients (% of daily need)

Calories: 214.7kcal (10.74%), Fat: 9.31g (14.33%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 19.71g (7.17%), Sugar: 9.3g (10.34%), Cholesterol: 30.46mg (10.15%), Sodium: 270.71mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.88%), Calcium: 376.68mg (37.67%), Phosphorus: 300.09mg (30.01%), Selenium: 15.77µg (22.53%), Vitamin B12: 1.14µg (18.97%), Vitamin B2: 0.3mg (17.84%), Vitamin D: 2.08µg (13.84%), Potassium: 320.78mg (9.17%), Magnesium: 35.58mg (8.9%), Zinc: 1.31mg (8.71%), Vitamin B1: 0.12mg (8.06%), Vitamin B5: 0.81mg (8.05%), Manganese: 0.16mg (8.01%), Vitamin A: 394.63IU (7.89%), Vitamin B6: 0.14mg (7.23%), Copper: 0.05mg (2.53%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.51g (2.02%), Iron: 0.31mg (1.71%)