



Slow-Cooker Italian Soft Polenta

 Gluten Free

READY IN



280 min.

SERVINGS



11

CALORIES



251 kcal

SIDE DISH

Ingredients

- 1 serving cup heavy whipping cream
- 5.3 cups chicken broth (from two 32-oz cartons)
- 8 oz pizza cheese shredded italian
- 1.5 cups cornmeal yellow
- 1 teaspoon basil dried crushed
- 0.8 teaspoon salt
- 12 oz marinated artichoke drained coarsely chopped
- 12 oz evaporated milk canned

- 3 cloves garlic finely chopped
- 1 cup roasted peppers red drained chopped (from 7-oz jar)
- 1 leaves basil fresh
- 1 serving parmesan shaved

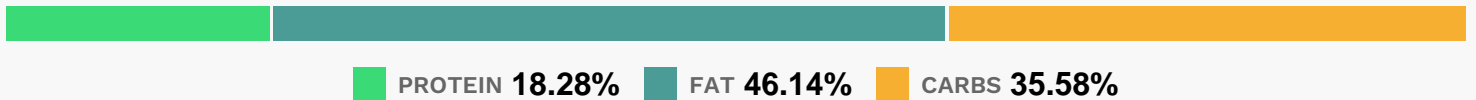
Equipment

- bowl
- slow cooker

Directions

- Line 5- to 6-quart slow cooker with slow cooker liner; spray liner with cooking spray. In large bowl, mix broth, cheese blend, cornmeal, dried basil, salt, artichokes, milk and garlic until well blended.
- Pour mixture into slow cooker.
- Cover; cook on Low heat setting 4 to 5 hours, stirring once halfway through cooking. Turn off slow cooker. Stir in roasted peppers; let stand covered 30 minutes. Stir before serving.
- Sprinkle individual servings with fresh basil and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:9.53, Inflammation Score:-5, Nutrition Score:7.1573913434277%

Flavonoids

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: 251kcal (12.55%), Fat: 13.03g (20.05%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 19.75g (7.18%), Sugar: 4.31g (4.78%), Cholesterol: 18.73mg (6.24%), Sodium: 983.52mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.23%), Calcium: 176.03mg (17.6%), Vitamin C: 13.27mg (16.09%), Phosphorus: 139.84mg (13.98%), Vitamin B2: 0.2mg (11.85%), Manganese: 0.24mg (11.84%), Fiber: 2.86g

(11.45%), Vitamin A: 496.1IU (9.92%), Vitamin B6: 0.18mg (9.02%), Magnesium: 35.32mg (8.83%), Zinc: 1.11mg (7.38%), Vitamin B1: 0.11mg (7.29%), Iron: 1.23mg (6.85%), Potassium: 211.94mg (6.06%), Copper: 0.1mg (4.82%), Selenium: 3.27µg (4.68%), Vitamin B3: 0.93mg (4.65%), Vitamin B5: 0.36mg (3.63%), Folate: 12.47µg (3.12%), Vitamin K: 2.08µg (1.98%), Vitamin B12: 0.11µg (1.78%), Vitamin E: 0.2mg (1.36%)