



Soft Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 lb butter
- ☐ 0.8 cup parmesan cheese shredded
- ☐ 1 serving bell pepper
- ☐ 2 cups coarse polenta
- ☐ 1 teaspoon salt

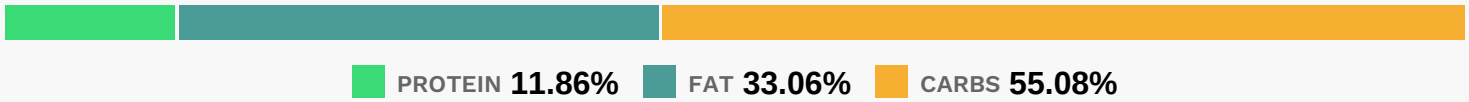
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a 4- to 6-quart pan over medium-high heat, bring 9 cups water to a boil.
- ☐ Whisk in salt and polenta. Reduce heat and simmer, stirring occasionally, until polenta is smooth to taste, 25 to 30 minutes.
- ☐ Remove from heat and stir in butter and parmesan cheese; add pepper to taste. Cover and keep warm over low heat.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:36.280869442484%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1899.68kcal (94.98%), Fat: 69.39g (106.76%), Saturated Fat: 41.99g (262.42%), Carbohydrates: 260.07g (86.69%), Net Carbohydrates: 253.42g (92.15%), Sugar: 5.8g (6.44%), Cholesterol: 172.9mg (57.63%), Sodium: 3897.71mg (169.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.02g (112.03%), Vitamin C: 95.36mg (115.59%), Selenium: 71.58µg (102.26%), Vitamin A: 5015.77IU (100.32%), Calcium: 914.62mg (91.46%), Phosphorus: 785.62mg (78.56%), Vitamin B6: 0.75mg (37.71%), Vitamin B1: 0.49mg (32.38%), Magnesium: 128.99mg (32.25%), Vitamin B2: 0.46mg (26.99%), Fiber: 6.65g (26.61%), Zinc: 3.61mg (24.06%), Vitamin B3: 4.77mg (23.86%), Iron: 4.15mg (23.04%), Manganese: 0.44mg (22.08%), Vitamin B5: 2.18mg (21.81%), Potassium: 675.94mg (19.31%), Vitamin E: 2.66mg (17.72%), Vitamin B12: 1µg (16.61%), Folate: 57.12µg (14.28%), Copper: 0.28mg (13.85%), Vitamin K: 9.85µg (9.38%), Vitamin D: 0.38µg (2.5%)