



Soft Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup grain cornmeal whole yellow (such as Arrowhead Mills)
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon sea salt
- ☐ 4 cups water boiling

Equipment

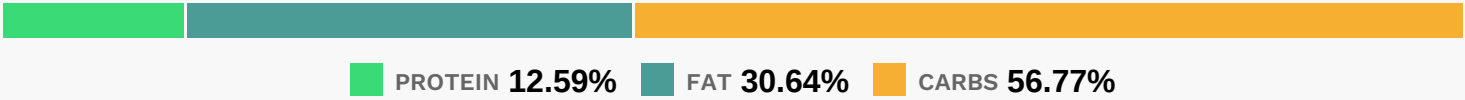
- ☐ sauce pan
- ☐ whisk

Directions

- ☐
- Combine the first 3 ingredients in a medium saucepan. Gradually add cornmeal, stirring with a whisk. Bring cornmeal mixture to a boil, stirring constantly. Reduce heat to low; cook 25 minutes, stirring frequently.

☐☐

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:17.35, Inflammation Score:-3, Nutrition Score:6.0004347828419%

Nutrients (% of daily need)

Calories: 205.52kcal (10.28%), Fat: 7.01g (10.78%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 25.47g (9.26%), Sugar: 0.68g (0.75%), Cholesterol: 12.34mg (4.11%), Sodium: 294.81mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Fiber: 3.74g (14.95%), Phosphorus: 139.46mg (13.95%), Manganese: 0.26mg (12.83%), Vitamin B6: 0.24mg (12.05%), Magnesium: 48.09mg (12.02%), Zinc: 1.45mg (9.7%), Calcium: 94.33mg (9.43%), Vitamin B1: 0.12mg (8.15%), Iron: 1.25mg (6.94%), Copper: 0.14mg (6.82%), Selenium: 4.01µg (5.74%), Vitamin B3: 1mg (5.01%), Potassium: 135.39mg (3.87%), Vitamin B2: 0.06mg (3.63%), Folate: 14.12µg (3.53%), Vitamin A: 142.82IU (2.86%), Vitamin B5: 0.27mg (2.72%), Vitamin E: 0.24mg (1.63%), Vitamin B12: 0.09µg (1.52%)