



Soft Polenta with Dry Jack

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4.5 cups chicken broth
- ☐ 3 ounces jack cheese dry shaved
- ☐ 1 cup polenta
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup semolina flour (polenta)
- ☐ 1.5 cups whipping cream

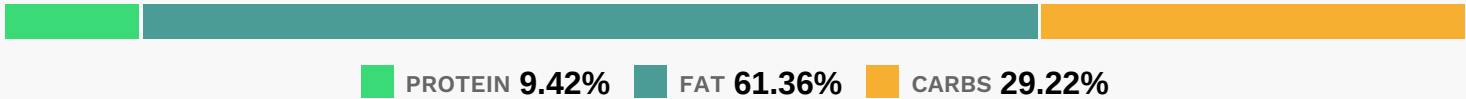
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a 5- to 6-quart pan, mix polenta and flour. Stir in broth and cream, mixing well. Bring to a boil over high heat, stirring often with a whisk or spoon to prevent lumps and sticking. Reduce heat; simmer uncovered, stirring often, until polenta feels creamy and smooth to taste, 15 to 20 minutes.
- ☐ Stir butter and half the cheese into polenta; ladle into bowls.
- ☐ Sprinkle remaining cheese over polenta and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:7.9399999924328%

Nutrients (% of daily need)

Calories: 414.44kcal (20.72%), Fat: 28.44g (43.75%), Saturated Fat: 16.86g (105.38%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 29.69g (10.79%), Sugar: 2.74g (3.04%), Cholesterol: 83.38mg (27.79%), Sodium: 971.15mg (42.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.65%), Selenium: 17.39µg (24.85%), Vitamin A: 1127.35IU (22.55%), Vitamin B2: 0.34mg (19.76%), Calcium: 155mg (15.5%), Phosphorus: 137.07mg (13.71%), Vitamin B1: 0.16mg (10.76%), Manganese: 0.17mg (8.48%), Vitamin D: 1.04µg (6.91%), Vitamin B3: 1.31mg (6.57%), Zinc: 0.9mg (5.99%), Folate: 23.36µg (5.84%), Magnesium: 21.37mg (5.34%), Iron: 0.96mg (5.33%), Vitamin E: 0.75mg (5.01%), Potassium: 154.42mg (4.41%), Vitamin B12: 0.25µg (4.17%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.38mg (3.82%), Copper: 0.08mg (3.76%), Fiber: 0.79g (3.15%), Vitamin K: 2.34µg (2.23%)