



Soft Polenta with Mascarpone

READY IN

ready

145 min.

SERVINGS

servings

8

CALORIES

calories

315 kcal

SIDE DISH

Ingredients

- ☐ 4 cups chicken stock see
- ☐ 8 servings parsley fresh chopped for garnish
- ☐ 1 clove garlic minced
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup mascarpone cheese
- ☐ 0.5 small onion minced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 cups anson mills polenta
- ☐ 6 tablespoons butter unsalted

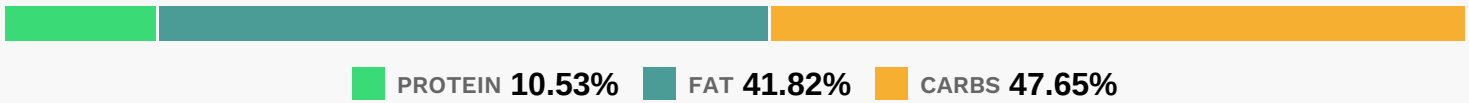
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt 2 tablespoons butter in a large saucepan over medium heat.
- ☐ Add the onion and garlic and cook until the onion is translucent, about 5 minutes.
- ☐ Add the chicken stock and bring to a simmer.
- ☐ Slowly whisk in the polenta. Reduce the heat to low and cook, stirring frequently, until the polenta is thick, about 2 hours (adjust the consistency with water or stock, if necessary).
- ☐ Remove from the heat and whisk in the mascarpone, parmesan and the remaining 4 tablespoons butter. Season with salt and pepper and garnish with parsley.
- ☐ Photograph by Jim Franco

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:8.3943478905636%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 314.5kcal (15.73%), Fat: 14.51g (22.32%), Saturated Fat: 8.3g (51.88%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 36.35g (13.22%), Sugar: 2.38g (2.65%), Cholesterol: 35.92mg (11.98%), Sodium: 427.98mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin K: 66.77µg (63.59%), Vitamin A: 813.61IU (16.27%), Selenium: 10.68µg (15.25%), Vitamin B3: 2.44mg (12.2%), Phosphorus: 87.91mg (8.79%), Vitamin B2: 0.14mg (8.1%), Vitamin B6: 0.15mg (7.4%), Vitamin C: 6mg (7.27%), Vitamin B1: 0.1mg (6.75%), Potassium: 218.82mg

(6.25%), Copper: 0.11mg (5.32%), Calcium: 51.71mg (5.17%), Iron: 0.93mg (5.17%), Magnesium: 19.37mg (4.84%), Folate: 15.41µg (3.85%), Zinc: 0.53mg (3.54%), Fiber: 0.85g (3.4%), Manganese: 0.06mg (3.2%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.33mg (2.18%), Vitamin D: 0.17µg (1.15%)