



## Sun-Dried Tomato Polenta Squares Topped with Three Peppers

 Gluten Free

READY IN



175 min.

SERVINGS



55

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter ()
- 1 Tbsp butter
- 1 tsp fennel seed crushed
- 1 bell pepper green cut into strips
- 2 Tbsp oil divided
- 1 cup oil-packed sun-dried tomatoes chopped
- 1 large onion cut into strips

- 1 cup parmesan cheese grated kraft
- 1 bell pepper red cut into strips
- 1 tsp salt
- 8 oz polly-o milk mozzarella cheese whole cut into 12 slices
- 6 cups water
- 1 bell pepper yellow cut into strips
- 2 cups cornmeal yellow

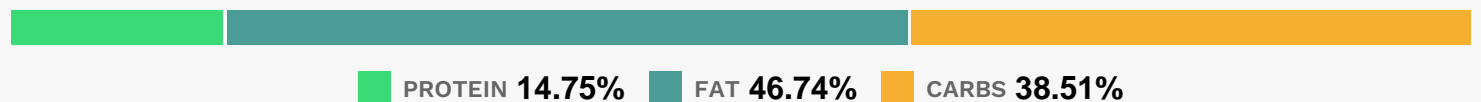
## Equipment

- frying pan
- sauce pan
- baking pan

## Directions

- Combine water, cornmeal and salt in heavy saucepan. Cook on low heat 30 min. or until mixture thickens and pulls away from side of pan, stirring frequently.
- Add Parmesan cheese, tomatoes and 1/4 cup butter; mix well. Spoon into greased 13x9-inch baking pan; smooth top. Cool to room temperature. Cover. Refrigerate at least 2 hours or up to 3 days until firm.
- Cook and stir peppers and onions in 1 Tbsp. of the oil in large skillet on medium heat until tender. Stir in fennel; set aside.
- Cut polenta into 12 squares. Melt remaining 1 Tbsp. oil and 1 Tbsp. butter in large skillet.
- Add polenta squares; cook until bottoms of squares are lightly browned; turn over. Top each with 1 cheese slice; cover. Continue cooking until bottoms are lightly browned and cheese is melted.
- Serve topped with the pepper mixture.

## Nutrition Facts



## Properties

Glycemic Index:3.54, Glycemic Load:2.89, Inflammation Score:-2, Nutrition Score:2.9065217213786%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 63.93kcal (3.2%), Fat: 3.4g (5.23%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.35g (1.94%), Sugar: 1.14g (1.27%), Cholesterol: 4.84mg (1.61%), Sodium: 116.08mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.83%), Vitamin C: 9.48mg (11.49%), Phosphorus: 49.03mg (4.9%), Manganese: 0.09mg (4.52%), Calcium: 42.3mg (4.23%), Fiber: 0.95g (3.81%), Vitamin A: 187.28IU (3.75%), Magnesium: 12.97mg (3.24%), Potassium: 111.78mg (3.19%), Vitamin B6: 0.06mg (3.1%), Zinc: 0.44mg (2.92%), Copper: 0.05mg (2.66%), Selenium: 1.82µg (2.6%), Iron: 0.42mg (2.34%), Vitamin B1: 0.03mg (2.28%), Vitamin B2: 0.04mg (2.2%), Vitamin B12: 0.12µg (2%), Vitamin B3: 0.39mg (1.93%), Vitamin K: 1.64µg (1.56%), Folate: 6.03µg (1.51%), Vitamin E: 0.21mg (1.4%), Vitamin B5: 0.1mg (1.05%)