



## Two-Corn Polenta with Tomatoes, Basil, and Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 cups less-sodium chicken broth fat-free
- 0.5 cup basil fresh chopped
- 2 cups corn kernels fresh ( 2 ears)
- 2 garlic cloves chopped
- 2 teaspoons olive oil
- 2 cups onion chopped (2 medium)

- 2 ounces parmesan cheese fresh grated
- 1 cup polenta dry instant
- 0.5 teaspoon salt
- 1 cup tomatoes chopped

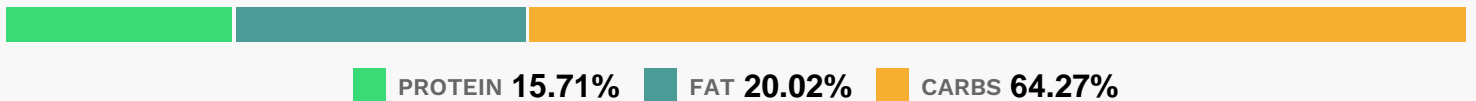
## Equipment

- frying pan
- whisk
- dutch oven

## Directions

- Heat oil in a Dutch oven over medium heat.
- Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in broth, corn, and garlic; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Slowly add polenta, stirring with a whisk until polenta is thick (about 5 minutes).
- Add cheese, stirring to melt. Stir in salt and pepper.
- Remove from heat; sprinkle with tomato and basil.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:7.8782608833002%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

## Nutrients (% of daily need)

Calories: 190.82kcal (9.54%), Fat: 4.39g (6.76%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 29.44g (10.71%), Sugar: 5.51g (6.12%), Cholesterol: 5.51mg (1.84%), Sodium: 835.98mg (36.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Phosphorus: 144.63mg (14.46%), Selenium: 9.14µg (13.06%), Calcium: 119.87mg (11.99%), Vitamin C: 9.69mg (11.75%), Manganese: 0.23mg (11.49%), Vitamin B3: 1.95mg (9.76%), Vitamin K: 10.07µg (9.59%), Vitamin A: 458.27IU (9.17%), Vitamin B1: 0.14mg (9.15%), Vitamin B6: 0.18mg (9.14%), Fiber: 2.28g (9.12%), Potassium: 315.55mg (9.02%), Magnesium: 34.61mg (8.65%), Folate: 33.48µg (8.37%), Vitamin B5: 0.68mg (6.84%), Vitamin B2: 0.1mg (6.16%), Vitamin B12: 0.36µg (5.94%), Copper: 0.11mg (5.34%), Iron: 0.92mg (5.13%), Zinc: 0.67mg (4.47%), Vitamin E: 0.35mg (2.33%)