

How to Make Creamy Stovetop Polenta

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/food-merchants-brand-traditional-italian-polenta-creamy-recipe>

Ingredients:

- 4 cups water
- 1 teaspoon salt
- 1 cup polenta cornmeal
- 1 cup cheese optional
- 3 tablespoons butter optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 55 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 11 grams
7. SaturatedFat: 13 grams
8. Sodium: 840 milligrams
9. Sugar: 1 grams

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