

Grilled Polenta

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-mamaliga-recipe>

Ingredients:

- 1 1/2 tablespoons coarse salt
- 1 2/3 cups polenta
- 1 tablespoon extra-virgin olive oil

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 5 grams
3. Fat: 3.5 grams
4. Protein: 1 grams
5. SaturatedFat: 0.5 grams
6. Sodium: 1870 milligrams

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