 **73%**
HEALTH SCORE

Hearts of Palm Parm

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings hand-torn basil leaves fresh for garnish
- 14 ounce canned tomatoes diced canned
- 28 ounce canned tomatoes crushed canned
- 1.5 teaspoons fish sauce
- 6 cloves garlic minced
- 42 ounce hearts of palm whole drained canned
- 6 servings kosher salt
- 0.5 cup olive oil extra-virgin

- 3 ounces parmesan finely grated
- 1.5 cups quick-cooking polenta cooked
- 1 pinch pepper flakes red crushed
- 1 large onion yellow

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan

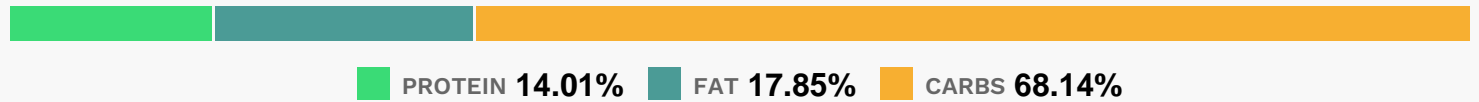
Directions

- Preheat the oven to 425 degrees F with a rack set on the middle shelf.
- Place the hearts of palm onto several layers of paper towels to absorb any excess liquid. Season lightly with salt.
- Heat 2 tablespoons of the oil in a large high-sided skillet over medium to medium-high heat until it just starts to shimmer. Sear the hearts of palm until golden brown on both sides, 2 to 4 minutes total. You may need to do this in two batches to avoid crowding the skillet.
- Transfer to a baking sheet or large plate. Discard the used oil and wipe out the skillet.
- Add the remaining oil to the same skillet over medium-high heat.
- Add the onions and 1/2 teaspoon salt and cook until softened and lightly browned, stirring occasionally, 6 to 8 minutes.
- Add the garlic and cook until just softened, stirring constantly, about 1 minute. Stir in the crushed tomatoes, diced tomatoes, red pepper flakes, 1/2 teaspoon salt and fish sauce if using. Bring to a boil, and then reduce to a simmer. Simmer, uncovered, for 15 minutes.
- Season with additional salt if needed. Carefully pour the sauce into a 13- by 9-inch baking dish.
- Add the browned hearts of palm to the sauce in a single layer and sprinkle all over with the grated cheese.

Bake until the cheese is lightly golden brown, about 10 minutes. Allow to sit at room temperature for 5 minutes before serving. Top with the basil.

To serve, divide the warm polenta among 6 bowls and top with the hearts of palm and tomato sauce.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:12.74, Inflammation Score:-8, Nutrition Score:36.979130619246%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 469.81kcal (23.49%), Fat: 9.66g (14.86%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 83.01g (27.67%), Net Carbohydrates: 73.83g (26.85%), Sugar: 44.34g (49.26%), Cholesterol: 9.64mg (3.21%), Sodium: 830.9mg (36.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.13%), Potassium: 4310.16mg (123.15%), Vitamin B6: 2.01mg (100.74%), Copper: 1.75mg (87.41%), Manganese: 1.35mg (67.36%), Zinc: 9.07mg (60.49%), Phosphorus: 545.65mg (54.57%), Vitamin C: 37.29mg (45.2%), Iron: 7.19mg (39.96%), Fiber: 9.18g (36.71%), Vitamin B2: 0.54mg (32.02%), Magnesium: 127.69mg (31.92%), Calcium: 296.12mg (29.61%), Vitamin E: 4.19mg (27.96%), Vitamin B1: 0.38mg (25.43%), Vitamin B3: 4.52mg (22.6%), Folate: 87.87µg (21.97%), Vitamin K: 22.04µg (20.99%), Selenium: 13.36µg (19.08%), Vitamin A: 783.7IU (15.67%), Vitamin B5: 0.81mg (8.15%), Vitamin B12: 0.18µg (2.95%)