



Mixed Pantry Pan Roast



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound fingerling potatoes halved lengthwise
- ☐ 4 cloves garlic sliced
- ☐ 14 ounces hearts of palm drained cut into 1-inch pieces canned
- ☐ 1 optional: lemon seeded very thinly sliced
- ☐ 0.5 cup sun-dried olives drained coarsely chopped
- ☐ 8 ounces tuna in olive oil smoked drained canned
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 10 servings salt
- ☐ 1 medium onion sweet coarsely chopped (medium)

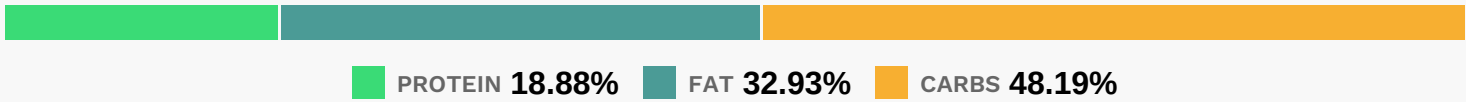
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 45
- ☐ In a large bowl, toss the potatoes with the onion, garlic, crushed red pepper and olive oil and season with salt.
- ☐ Spread the potato mixture in a large glass or ceramic baking dish.
- ☐ Add the sun-dried tomatoes and lemon slices to the bowl and toss with any remaining oil from the tomatoes. Scatter the sun-dried tomatoes and lemon slices over the potatoes.
- ☐ Bake for about 25 minutes, or until the potatoes are tender. Stir in the hearts of palm and roast for 5 minutes longer.
- ☐ Add the sardines and roast for about 1 minute longer, just until heated through.
- ☐ Serve the pan roast right away.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:6.81, Inflammation Score:-5, Nutrition Score:13.470434852268%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg

0.22mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 203.2kcal (10.16%), Fat: 7.62g (11.73%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 22.18g (8.07%), Sugar: 11.18g (12.43%), Cholesterol: 4.08mg (1.36%), Sodium: 307.12mg (13.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.67%), Potassium: 1204.5mg (34.41%), Vitamin B6: 0.57mg (28.36%), Vitamin C: 21.95mg (26.61%), Selenium: 18.35µg (26.22%), Copper: 0.43mg (21.3%), Vitamin B3: 4.22mg (21.1%), Phosphorus: 184.33mg (18.43%), Vitamin K: 16.68µg (15.89%), Zinc: 1.99mg (13.29%), Fiber: 2.93g (11.72%), Iron: 2.06mg (11.45%), Manganese: 0.22mg (11.25%), Vitamin D: 1.52µg (10.13%), Magnesium: 36.4mg (9.1%), Vitamin B2: 0.15mg (8.89%), Vitamin B12: 0.5µg (8.32%), Vitamin E: 1.24mg (8.27%), Folate: 30.52µg (7.63%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.39mg (3.94%), Calcium: 33.69mg (3.37%), Vitamin A: 125.89IU (2.52%)