



Parmesan Polenta Pizzas with Slow-roasted Pesto Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings fresh-ground pepper
- 1 cup parmesan cheese grated (3 oz.; see notes)
- 24 rounds purchased polenta thick cooked (each 2 in. wide and) (see notes)
- 36 oz roma tomatoes
- 0.3 cup purchased homemade
- 0.3 cup purchased homemade

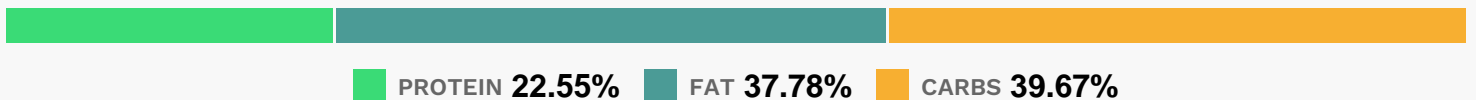
Equipment

- frying pan
- baking sheet
- oven
- spatula

Directions

- Rinse tomatoes, cut in half lengthwise, and place cut side up in an oiled 10- by 15-inch pan.
- Sprinkle lightly with pepper.
- Spread about 1/2 teaspoon pesto onto cut side of each tomato half.
- Bake tomatoes in a 350 regular or convection oven until browned on top and slightly shriveled, 1 1/2 to 2 hours (if pan juices begin to scorch, add a few tablespoons water to pan).
- Let tomatoes cool about 10 minutes.
- Place polenta rounds slightly apart on an oiled 12- by 17-inch baking sheet.
- Sprinkle 1/2 cup parmesan cheese evenly over rounds. Set a tomato half, pesto side up, on each and sprinkle remaining 1/2 cup cheese on top.
- Bake polenta pizzas in a 450 regular or convection oven until cheese is melted and beginning to brown, 10 to 13 minutes.
- Let cool 2 to 3 minutes, then transfer with a spatula to a platter.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:6.9086956835311%

Flavonoids

Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 86.97kcal (4.35%), Fat: 3.79g (5.84%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.36g (2.68%), Sugar: 3.38g (3.76%), Cholesterol: 10.88mg (3.63%), Sodium: 225.18mg (9.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin A: 1177.77IU (23.56%), Vitamin C: 17.48mg (21.18%), Calcium: 123.76mg (12.38%), Phosphorus: 112.22mg (11.22%), Vitamin K: 10.46µg (9.97%), Potassium: 330.79mg (9.45%), Manganese: 0.17mg (8.6%), Selenium: 4.89µg (6.99%), Fiber: 1.6g (6.42%), Vitamin B6: 0.12mg (5.84%), Zinc: 0.77mg (5.14%), Vitamin E: 0.75mg (5.02%), Folate: 20.05µg (5.01%), Magnesium: 19.39mg (4.85%), Copper: 0.08mg (4.19%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.8mg (4.02%), Vitamin B1: 0.05mg (3.64%), Vitamin B12: 0.17µg (2.81%), Iron: 0.44mg (2.45%), Vitamin B5: 0.17mg (1.7%)