






 **57%**  
HEALTH SCORE

# Parsley and Ham Salad with Sweet Potato Polenta

 **Gluten Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**274 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 2 cups chicken stock see low-sodium canned
- 3 ounces slivered country ham cooked finely
- 4 cups flat-leaf parsley leaves
- 1 garlic clove minced
- 1 apples i use 2 granny smith apples thinly sliced
- 2 teaspoons olive oil pure
- 2.5 tablespoons orange juice fresh

- 0.3 cup parmesan cheese freshly grated
- 4 servings pepper freshly ground
- 0.5 cup polenta
- 0.5 medium onion red thinly sliced
- 4 servings salt
- 4 servings salt and pepper freshly ground
- 1.5 tablespoons sherry vinegar
- 1 small sweet potatoes and into

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- spatula

## Directions

- Make the Polenta: Preheat the oven to 40
- Bake the sweet potato for about 20 minutes, or until barely tender. Peel and cut the sweet potato into 1/2-inch dice. Raise the oven temperature to 50
- Bring the chicken stock to a boil in a medium saucepan. Lightly oil a shallow 8-inch bowl.
- Whisk the polenta and 1/2 teaspoon of salt into the stock and cook over low heat, stirring often, until the polenta thickens and begins to pull away from the side of the pan, about 12 minutes. Stir in the Parmesan cheese.
- Remove from the heat and season the polenta with salt and pepper, then gently fold in the diced sweet potato. Spoon the polenta into the prepared bowl and smooth the surface. Cover with plastic wrap and refrigerate until firm.
- Heat 1 teaspoon of the olive oil in a large cast-iron skillet.

- Cut the polenta into 8 wedges and cook over moderate heat until browned on the bottom, about 3 minutes. Turn the polenta with a metal spatula, add the remaining 1 teaspoon of oil to the skillet and tilt to coat the bottom.
- Bake the polenta for about 8 minutes, or until crusty on the bottom.
- Make the Salad: In a large bowl, whisk the orange juice with the sherry vinegar and garlic. Season with salt and pepper.
- Add the parsley, ham, apple and onion to the bowl and toss well. Arrange 2 wedges of warm polenta on each of 4 plates, mound the ham salad in the center and serve.

## Nutrition Facts

**PROTEIN 18.77%** **FAT 28.3%** **CARBS 52.93%**

### Properties

Glycemic Index:65.75, Glycemic Load:6.4, Inflammation Score:-10, Nutrition Score:25.288260822711%

### Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 129.28mg, Apigenin: 129.28mg, Apigenin: 129.28mg, Apigenin: 129.28mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 8.94mg, Myricetin: 8.94mg, Myricetin: 8.94mg, Myricetin: 8.94mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

### Nutrients (% of daily need)

Calories: 274.2kcal (13.71%), Fat: 8.87g (13.65%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 32.68g (11.88%), Sugar: 8.37g (9.3%), Cholesterol: 18.62mg (6.21%), Sodium: 838.16mg (36.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.48%), Vitamin K: 987.2µg (940.19%), Vitamin A: 9808.48IU (196.17%), Vitamin C: 89.27mg (108.2%), Iron: 4.74mg (26.36%), Folate: 103.99µg (26%), Potassium: 739.58mg (21.13%), Phosphorus: 197.66mg (19.77%), Vitamin B3: 3.88mg (19.41%), Fiber: 4.66g (18.64%), Vitamin B1: 0.26mg (17.17%), Calcium: 163.87mg (16.39%), Selenium: 10.84µg (15.49%), Vitamin B6: 0.3mg (14.89%), Magnesium: 56.31mg (14.08%), Manganese: 0.27mg (13.66%), Copper: 0.26mg (13.02%), Vitamin B2: 0.21mg (12.37%), Zinc: 1.76mg (11.75%), Vitamin B5: 0.78mg (7.85%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.34µg (5.64%), Vitamin D:

0.18µg (1.2%)