



Prosciutto-wrapped Hearts of Palm

READY IN



45 min.

SERVINGS



18

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 18 servings garlic rémoulade
- ☐ 14 ounce hearts of palm drained canned
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 4 slices pancetta thin
- ☐ 1 sheet puff pastry thawed

Equipment

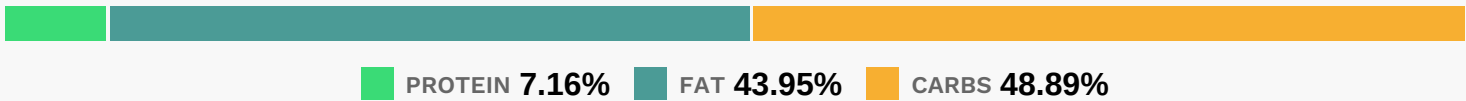
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Bring balsamic vinegar to a boil in a small saucepan. Reduce about 25 minutes or until thickened. Set aside.
- ☐ Place puff pastry sheet on a lightly floured surface; sprinkle with Parmesan.
- ☐ Wrap one heart of palm with a slice of prosciutto; place on the edge of puff pastry. Repeat procedure with another heart of palm and prosciutto slice, lining them up along the bottom edge of puff pastry.
- ☐ Roll puff pastry once around prosciutto-wrapped hearts of palm. Slice pastry about 1/2 inch to 1 inch away from hearts of palm so there is enough pastry to seal closed.
- ☐ Place roll, seam-side down, on a foil-lined baking sheet. Repeat procedure with remaining hearts of palm, prosciutto, and pastry. (The diameter of hearts of palm varies, so keep similar sizes together for easier rolling. The number of hearts of palm will vary in the can; save extra pieces for other purposes.)
- ☐ Bake at 400 for 12 minutes or until golden brown. Cool slightly, and cut into 1-inch pieces.
- ☐ Drizzle with balsamic reduction, and dollop with Garlic Rmoulade.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:4.81, Inflammation Score:-1, Nutrition Score:4.1056521693649%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 127.04kcal (6.35%), Fat: 6.11g (9.39%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.68g (5.34%), Sugar: 6.03g (6.7%), Cholesterol: 1.66mg (0.55%), Sodium: 62.24mg (2.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Potassium: 438.96mg (12.54%), Vitamin B6: 0.22mg (11.19%), Copper: 0.17mg (8.56%), Manganese: 0.14mg (6.79%), Zinc: 0.99mg (6.57%), Selenium: 4.43µg (6.32%), Phosphorus: 52.4mg (5.24%), Vitamin B1: 0.08mg (5.08%), Vitamin B2: 0.08mg (4.99%), Iron: 0.88mg (4.91%), Vitamin B3: 0.86mg (4.29%), Folate: 16.03µg (4.01%), Vitamin C: 2.7mg (3.27%), Fiber: 0.6g (2.39%), Vitamin K: 2.25µg (2.14%), Calcium: 19.58mg (1.96%), Magnesium: 7.24mg (1.81%), Vitamin E: 0.2mg (1.31%)