

Grilled Parmesan Hearts of Palm

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-hearts-of-palm-recipe>

Ingredients:

- 28 ounces hearts of palm drained, rinsed, and patted dry
- 3 tablespoons olive oil
- kosher salt and freshly ground black pepper to taste
- balsamic vinegar
- 3 tablespoons Parmesan cheese shredded

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 750 milligrams
9. Sugar: 1 grams

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