



Alsatian Ham-and-Gruyère Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 teaspoons grainy dijon mustard
- ☐ 0.8 cup parsley fresh chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 pound gruyère cheese sliced cut into matchstick strips
- ☐ 1 pound ham smoked black such as forest, cut into matchstick strips sliced
- ☐ 0.5 cup olive oil
- ☐ 1 onion paper-thin cut into slices
- ☐ 0.3 teaspoon salt

☐ 2 teaspoons white-wine vinegar

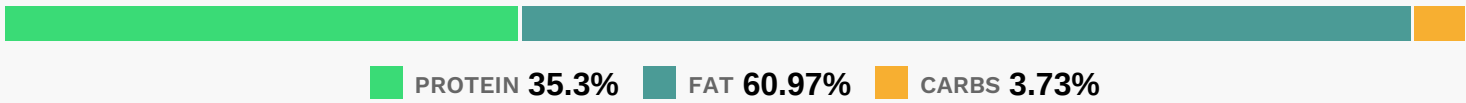
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Put the onion in a small bowl of cold water and let stand for 10 minutes.
- ☐ Drain the onion, rinse, and then pat dry with paper towels.
- ☐ Meanwhile, in a large glass or stainless-steel bowl, whisk together the mustard, vinegar, salt, and pepper.
- ☐ Add the oil slowly, whisking.
- ☐ Add the ham, cheese, onion, and parsley to the vinaigrette and toss.
- ☐ Variations:: This is a fine place to use cold cuts or leftover meat. Thin strips of pork, lamb, beef, salami, or mortadella could all be used in place of the ham. Or, for you meat lovers, try one of them in place of the cheese.
- ☐ Wine Recommendation: Alsace is known for its delicious white wines, but an excellent red, pinot d'Alsace, is made from pinot noir as well. It's worth looking for to create an intriguing regional pairing. If you can't find one, a fruity Beaujolais will do just fine.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:19.169130366781%

Flavonoids

Apigenin: 24.27mg, Apigenin: 24.27mg, Apigenin: 24.27mg, Apigenin: 24.27mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 411.91kcal (20.6%), Fat: 28.02g (43.11%), Saturated Fat: 12.88g (80.52%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.85g (1.03%), Sugar: 1.62g (1.8%), Cholesterol: 116.8mg (38.93%), Sodium: 1968.93mg (85.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.5g (73.01%), Vitamin K: 189.64µg (180.61%), Phosphorus: 625.52mg (62.55%), Calcium: 608.67mg (60.87%), Vitamin A: 1488.66IU (29.77%), Zinc: 4.45mg (29.69%), Vitamin C: 17.02mg (20.63%), Magnesium: 65.76mg (16.44%), Copper: 0.32mg (16.11%), Vitamin B12: 0.91µg (15.12%), Iron: 2.43mg (13.5%), Selenium: 9.44µg (13.48%), Potassium: 459.72mg (13.13%), Vitamin B2: 0.18mg (10.53%), Folate: 28.23µg (7.06%), Vitamin E: 1.04mg (6.92%), Manganese: 0.09mg (4.68%), Vitamin B6: 0.09mg (4.58%), Vitamin B1: 0.06mg (4.16%), Vitamin B5: 0.41mg (4.09%), Fiber: 1g (4.02%), Vitamin D: 0.34µg (2.27%), Vitamin B3: 0.26mg (1.29%)