



Asparagus and Serrano Ham Salad with Toasted Almonds

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb asparagus trimmed peeled thin
- ☐ 3 tablespoons blanched almonds and finely chopped
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1 medium head endive cut into 1/4-inch-thick strips (6 cups)
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.5 lb serrano ham sliced

☐ 3 tablespoons sherry vinegar

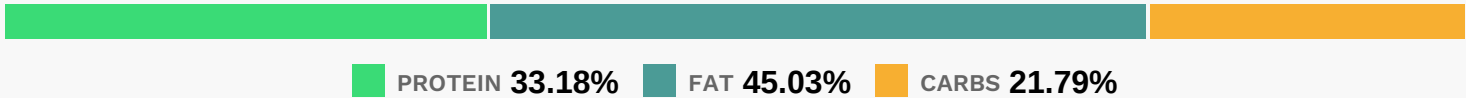
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Have ready a large bowl of ice and cold water. Cook asparagus in boiling salted water until crisp-tender, 2 to 3 minutes.
- ☐ Drain spears, then refresh in ice water.
- ☐ Drain asparagus again and pat dry.
- ☐ Heat 1 tablespoon oil in a small skillet over moderate heat until hot but not smoking, then cook almonds, bread crumbs, and cumin, stirring frequently, until toasted, 3 to 4 minutes. Cool.
- ☐ Add remaining oil to vinegar in a slow stream, whisking until emulsified. Season with salt and pepper.
- ☐ Toss escarole with half of dressing and mound on plates. Arrange ham around escarole and top salad with asparagus.
- ☐ Drizzle asparagus with remaining dressing.
- ☐ Sprinkle salad with almond-and-crumb mixture.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:21.263478276522%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 9.68mg, Kaempferol: 9.68mg, Kaempferol: 9.68mg, Kaempferol: 9.68mg Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg, Quercetin: 21.14mg

Nutrients (% of daily need)

Calories: 199.95kcal (10%), Fat: 10.79g (16.6%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.47g (3.85%), Cholesterol: 20.26mg (6.75%), Sodium: 788mg (34.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.77%), Vitamin K: 238.54µg (227.18%), Vitamin A: 2769.18IU (55.38%), Folate: 191.14µg (47.79%), Manganese: 0.68mg (34.06%), Iron: 4.72mg (26.21%), Vitamin E: 3.75mg (24.99%), Fiber: 6.15g (24.6%), Vitamin B1: 0.32mg (21.22%), Copper: 0.42mg (21.05%), Vitamin B2: 0.32mg (18.74%), Potassium: 584.11mg (16.69%), Vitamin C: 13.38mg (16.22%), Phosphorus: 129.98mg (13%), Magnesium: 47.7mg (11.93%), Vitamin B5: 1.12mg (11.23%), Vitamin B3: 2.18mg (10.88%), Zinc: 1.61mg (10.73%), Calcium: 94.06mg (9.41%), Vitamin B6: 0.16mg (8.13%), Selenium: 4.63µg (6.61%)