



Bread Salad with Fontina and Black-Forest Ham

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces forest ham black sliced cut into strips approximately 1 1/2 by 1/2 inch
- ☐ 10 ounces bread country-style cut into 1-inch cubes (5 cups)
- ☐ 1 rib celery sliced
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 pound fontina cut into 1/2-inch cubes
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 0.7 cup olive oil
- ☐ 1 small onion red chopped
- ☐ 0.3 cup red-wine vinegar
- ☐ 0.5 head romaine lettuce cut into bite-size pieces (3 cups)
- ☐ 0.8 teaspoon salt

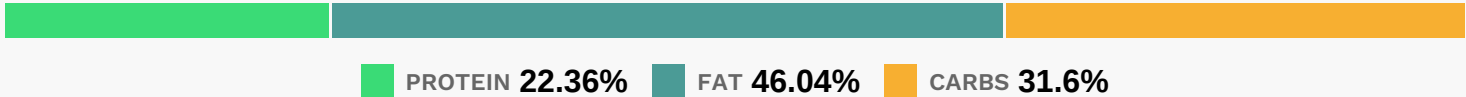
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the oven to 32
- ☐ Toss the bread cubes with the 3 tablespoons oil and spread on a large baking sheet.
- ☐ Bake, stirring once or twice, until crisp and lightly browned on the outside but still soft inside, about 15 minutes.
- ☐ Let cool.
- ☐ In a large glass or stainless-steel bowl, whisk the vinegar, garlic, salt, and pepper.
- ☐ Add the remaining 2/3 cup oil slowly, whisking.
- ☐ Add the toasted bread, cheese, tomatoes, celery, onion, and parsley and toss to coat.
- ☐ Let sit for 5 minutes.
- ☐ Add the lettuce and ham and toss again.
- ☐ Wine Recommendation: This full-flavored salad can easily partner a red wine--even, because of its ham and cheese, one with some tannin. A Beaujolais-Villages, light-bodied, fruity, and just a bit tannic, will be delicious.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:19.06, Inflammation Score:-10, Nutrition Score:30.912174038265%

Flavonoids

Apigenin: 8.4mg, Apigenin: 8.4mg, Apigenin: 8.4mg, Apigenin: 8.4mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 568.63kcal (28.43%), Fat: 29.2g (44.93%), Saturated Fat: 12.44g (77.74%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 39.3g (14.29%), Sugar: 10.58g (11.76%), Cholesterol: 88.73mg (29.58%), Sodium: 1692.55mg (73.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.83%), Vitamin A: 8061.06IU (161.22%), Vitamin K: 156.33µg (148.89%), Manganese: 1.14mg (57.03%), Folate: 194.32µg (48.58%), Calcium: 453.1mg (45.31%), Selenium: 29.61µg (42.31%), Phosphorus: 347.03mg (34.7%), Vitamin C: 27.9mg (33.82%), Iron: 4.93mg (27.39%), Vitamin B1: 0.41mg (27.06%), Vitamin B3: 4.81mg (24.04%), Fiber: 5.8g (23.19%), Vitamin B2: 0.38mg (22.41%), Zinc: 3.12mg (20.81%), Potassium: 710.98mg (20.31%), Vitamin B12: 0.95µg (15.88%), Magnesium: 61.39mg (15.35%), Vitamin B6: 0.3mg (14.8%), Vitamin E: 1.91mg (12.71%), Copper: 0.24mg (11.9%), Vitamin B5: 1.11mg (11.11%), Vitamin D: 0.34µg (2.27%)