



Bronze and Red Lettuce Salad with Serrano Ham and Goat Cheese Spirals

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup baby spinach stemmed
- 0.5 teaspoon rosemary leaves fresh divided finely minced
- 8 ounces goat cheese fresh soft room temperature
- 0.5 cup hazelnuts divided husked toasted chopped
- 0.3 teaspoon lemon zest finely grated
- 2 tablespoons hazelnut oil
- 3 tablespoons shallots minced

- 3 tablespoons sherry vinegar
- 1 teaspoon sugar
- 21 ounces serrano ham thin
- 10 cups frangelico red assorted packed ()
- 10 cups frangelico red assorted packed ()

Equipment

- bowl
- whisk
- plastic wrap

Directions

- Stir goat cheese, 2 tablespoons hazelnut oil, 1/4 teaspoon rosemary, and lemon peel in small bowl to blend. Season lightly with salt and pepper.
- Place sheet of plastic wrap on work surface.
- Place 1 slice ham in center of plastic.
- Spread generous 2 tablespoons goat cheese mixture evenly over ham.
- Place single layer of spinach leaves over cheese mixture. Top spinach with second ham slice. Repeat layering 2 more times. Starting at 1 long side and using plastic wrap as aid, roll up ham jelly-roll style.
- Place additional ham slice over seam to cover exposed cheese and spinach leaves (roll will be about 1 1/2 to 2 inches in diameter). Wrap tightly in plastic. Repeat with remaining ham, cheese, and spinach to form second roll. Chill until firm, at least 6 hours. (Can be prepared 2 days ahead. Keep chilled.)
- Whisk 1/2 cup hazelnut oil, 1/4 teaspoon rosemary, Sherry vinegar, shallot, and sugar in small bowl. Season dressing with salt and pepper.
- Toss lettuces with 1/4 cup dressing and 1/4 cup hazelnuts. Mound salad in center of 8 plates. Unwrap ham rolls. Slice each roll into twelve 1/2-inch-thick rounds. Arrange 3 rounds around each salad; sprinkle salad with remaining nuts, drizzle dressing around salad and over ham rounds, and serve.

Nutrition Facts



■ PROTEIN 36.95% ■ FAT 59.96% ■ CARBS 3.09%

Properties

Glycemic Index:18.39, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:7.3769566028014%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 317.85kcal (15.89%), Fat: 21.92g (33.72%), Saturated Fat: 6.06g (37.88%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.39g (1.54%), Cholesterol: 52.93mg (17.64%), Sodium: 1569.76mg (68.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.79%), Manganese: 0.54mg (26.94%), Vitamin E: 2.86mg (19.06%), Vitamin K: 19.72µg (18.78%), Copper: 0.35mg (17.27%), Vitamin A: 646.35IU (12.93%), Iron: 1.96mg (10.87%), Phosphorus: 98.87mg (9.89%), Vitamin B2: 0.12mg (7.31%), Vitamin B6: 0.13mg (6.67%), Calcium: 53.79mg (5.38%), Magnesium: 20.75mg (5.19%), Folate: 20.44µg (5.11%), Vitamin B1: 0.07mg (4.89%), Fiber: 0.94g (3.75%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.28mg (2.75%), Potassium: 94.17mg (2.69%), Vitamin C: 1.94mg (2.35%), Selenium: 1.06µg (1.51%), Vitamin B3: 0.29mg (1.46%)