



Frizzled Ham and Fig Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 ounce cheddar cheese shaved reduced-fat
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup calimyrna figs dried chopped 6
- ☐ 5 ounces ham cut into 1-inch strips
- ☐ 1 tablespoon honey
- ☐ 8 cups salad greens mixed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons red wine vinegar

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon slivered almonds toasted

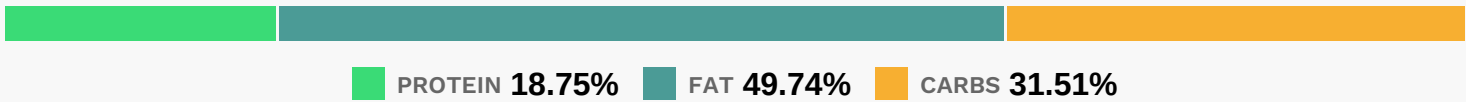
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add ham to pan; cook 2 minutes or until lightly browned.
- ☐ Remove from heat; set aside.
- ☐ Combine vinegar, oil, honey, mustard, and salt in a large bowl; stir with a whisk.
- ☐ Add ham, greens, figs, and almonds to bowl; toss well. Arrange 1 cup salad on each of 8 plates; top each serving with about 1 1/2 teaspoons cheese.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:5.3195652028789%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 117.94kcal (5.9%), Fat: 6.69g (10.29%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.49g (3.09%), Sugar: 7.05g (7.83%), Cholesterol: 14.53mg (4.84%), Sodium: 288mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin C: 9.92mg (12.02%), Vitamin A: 532.36IU

(10.65%), Vitamin B1: 0.14mg (9.4%), Phosphorus: 81.13mg (8.11%), Selenium: 5.53µg (7.9%), Vitamin B6: 0.14mg (6.9%), Manganese: 0.14mg (6.77%), Vitamin B2: 0.11mg (6.19%), Vitamin B3: 1.18mg (5.91%), Potassium: 204.5mg (5.84%), Zinc: 0.72mg (4.8%), Vitamin E: 0.7mg (4.65%), Folate: 18.5µg (4.62%), Calcium: 46.14mg (4.61%), Magnesium: 17.7mg (4.43%), Fiber: 1.05g (4.18%), Copper: 0.07mg (3.57%), Iron: 0.62mg (3.47%), Vitamin B12: 0.15µg (2.52%), Vitamin K: 2.54µg (2.42%), Vitamin B5: 0.24mg (2.42%)