



Ham-and-Greens Crostini

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 1.5 lb collard greens fresh washed trimmed finely chopped
- 4 ounces country ham finely chopped
- 25 servings accompaniment: crostini
- 8 oz goat cheese softened
- 0.1 teaspoon ground pepper red
- 1 tablespoon half and half
- 25 servings pepper black freshly ground

- 2 tablespoons olive oil

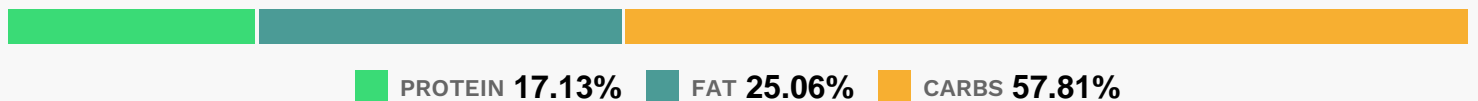
Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Cook ham in 1 Tbsp. hot oil in a large skillet over medium-high heat 3 to 4 minutes or until crisp.
- Remove from skillet using a slotted spoon, and drain on paper towels. Reserve drippings in skillet.
- Add greens and remaining oil to hot drippings in skillet; cook, stirring often, 4 to 5 minutes or until slightly wilted.
- Add butter and red pepper, and cook, stirring occasionally, 45 seconds. Stir in ham.
- Add salt and pepper to taste; transfer to a bowl.
- Stir together half-and-half and goat cheese until smooth. Stir in half of greens mixture. Reserve remaining half of greens mixture.
- Spread about 1 Tbsp. goat cheese mixture onto each Crostini. Top each with 1 tsp. reserved greens mixture.
- Make-Ahead Tip: Refrigerate cooked greens up to 2 days.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:21.14, Inflammation Score:-8, Nutrition Score:15.85956524766%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 224.43kcal (11.22%), Fat: 6.23g (9.59%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 29.89g (10.87%), Sugar: 3.23g (3.59%), Cholesterol: 8.4mg (2.8%), Sodium: 491.38mg (21.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin K: 121.91µg (116.1%), Vitamin A: 1480.49IU (29.61%), Vitamin B1: 0.42mg (28.08%), Folate: 104.88µg (26.22%), Manganese: 0.5mg (24.94%), Selenium: 12.68µg (18.11%), Vitamin B2: 0.29mg (16.88%), Vitamin B3: 3.35mg (16.76%), Calcium: 144.6mg (14.46%), Iron: 2.56mg (14.25%), Vitamin C: 9.62mg (11.66%), Phosphorus: 101.43mg (10.14%), Fiber: 2.46g (9.84%), Copper: 0.16mg (8.08%), Vitamin B6: 0.15mg (7.61%), Vitamin E: 1.01mg (6.75%), Magnesium: 26.56mg (6.64%), Zinc: 0.76mg (5.04%), Potassium: 155.13mg (4.43%), Vitamin B5: 0.4mg (4.01%)