



Ham O'Day with Rye Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 6 ounces country ham thinly sliced
- ☐ 2 large eggs
- ☐ 6 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 cup vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

- ☐ 0.3 cup grain mustard whole
- ☐ 2 cups torn

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Preheat oven to 200°F. Thinly spread mustard on a parchment-lined baking sheet.
- ☐ Bake until dried, 1-1 1/2 hours.
- ☐ Let cool; crumble.
- ☐ Place eggs in a small saucepan; add water to cover by 1 1/2". Bring to a boil; remove from heat, cover, and let stand 5 minutes.
- ☐ Drain.
- ☐ Transfer eggs to a bowl of ice water; let cool. Peel; set aside (yolks should still be runny).
- ☐ Toast caraway seeds in a small skillet over medium heat, tossing often, 1 minute.
- ☐ Add grapeseed oil and bread; cook, tossing occasionally, until bread is just golden, about 4 minutes.
- ☐ Let cool, then blend in a blender until as smooth as possible; set rye oil aside.
- ☐ Blend eggs, vinegar, and lemon juice in a clean blender until smooth. With motor running, slowly add rye oil, then olive oil; blend until aioli is thickened. Pass through a sieve into a small bowl; season with salt.
- ☐ Spread aioli on plates, top with ham, and sprinkle with mustard powder.

Nutrition Facts



 **PROTEIN 15.44%**  **FAT 45.49%**  **CARBS 39.07%**

Properties

Glycemic Index:14.06, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:15.746086986169%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 401.79kcal (20.09%), Fat: 20.21g (31.09%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 33.9g (12.33%), Sugar: 3.29g (3.65%), Cholesterol: 79.58mg (26.53%), Sodium: 1144.18mg (49.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.87%), Selenium: 39.49µg (56.42%), Vitamin B1: 0.54mg (36.04%), Manganese: 0.71mg (35.45%), Vitamin B2: 0.41mg (24.2%), Folate: 96.53µg (24.13%), Vitamin B3: 4.35mg (21.73%), Fiber: 5.15g (20.61%), Phosphorus: 205.88mg (20.59%), Iron: 3.04mg (16.87%), Vitamin K: 16.68µg (15.89%), Zinc: 1.86mg (12.4%), Vitamin E: 1.7mg (11.32%), Magnesium: 45.08mg (11.27%), Vitamin B6: 0.2mg (10.22%), Copper: 0.19mg (9.69%), Calcium: 78.28mg (7.83%), Vitamin B5: 0.77mg (7.65%), Potassium: 258.8mg (7.39%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.53µg (3.55%), Vitamin A: 104.2IU (2.08%), Vitamin C: 1.1mg (1.33%)