



Ham Persillade with Mustard Potato Salad and Mashed Peas

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce peas frozen thawed
- 1 cup celery stalks finely chopped
- 4 servings celery leaves
- 0.3 cup pickled cucumbers / gherkins sour chopped
- 2 tablespoons dijon mustard
- 1 large garlic clove minced
- 2 teaspoon gelatin powder unflavored (from 1 envelope)

- 0.8 pound ham cut into 1/2-inch cubes (2 cups)
- 1.8 cups chicken broth reduced-sodium
- 2 teaspoons marjoram finely chopped
- 0.5 cup mayonnaise
- 3 tablespoons olive oil extra virgin extra-virgin
- 6 parsley divided
- 1 pound potatoes boiled peeled cut into 1/2-inch cubes (2 1/2 cups)
- 3 tablespoons water
- 2 tablespoons citrus champagne vinegar

Equipment

- food processor
- bowl
- sauce pan
- whisk
- sieve

Directions

- Chop enough parsley leaves to measure 1 tablespoon; reserve. Chop remaining leaves and stems and simmer with broth and garlic in a small saucepan, covered, 5 minutes.
- Meanwhile, sprinkle gelatin over water in a medium bowl and let soften 1 minute. Strain broth through a fine-mesh sieve into bowl with gelatin and stir to dissolve. Season with salt and pepper. Set bowl in an ice bath and cool to room temperature, stirring.
- Toss ham with reserved parsley and divide among jars.
- Pour gelatin on top and chill until set, at least 1 hour.
- Whisk together mayonnaise, mustard, vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Stir in celery, cornichons, and potatoes.
- Pulse peas with marjoram, oil, 1/2 teaspoon pepper, and 1/4 teaspoon salt in a food processor to a coarse mash.
- Layer peas, then potato salad, over ham.

Assembled jars can be chilled up to 6 hours.

Serve at room temperature.

Nutrition Facts

PROTEIN 17.33% **FAT 62.93%** **CARBS 19.74%**

Properties

Glycemic Index:84.02, Glycemic Load:17.54, Inflammation Score:-8, Nutrition Score:28.624347748964%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 3.99mg, Apigenin: 3.99mg, Apigenin: 3.99mg, Apigenin: 3.99mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 670.37kcal (33.52%), Fat: 47.05g (72.39%), Saturated Fat: 10.11g (63.22%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 25.73g (9.35%), Sugar: 5.78g (6.42%), Cholesterol: 64.49mg (21.5%), Sodium: 1455.47mg (63.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.31%), Vitamin K: 108.97µg (103.78%), Vitamin C: 53.92mg (65.36%), Vitamin B1: 0.82mg (54.42%), Vitamin B6: 0.83mg (41.35%), Vitamin B3: 8.04mg (40.2%), Phosphorus: 379.35mg (37.93%), Selenium: 25.12µg (35.89%), Potassium: 1085.13mg (31%), Fiber: 7.48g (29.91%), Manganese: 0.56mg (28.03%), Zinc: 3.44mg (22.95%), Copper: 0.45mg (22.48%), Vitamin B2: 0.38mg (22.47%), Folate: 81.27µg (20.32%), Vitamin E: 2.96mg (19.72%), Iron: 3.41mg (18.97%), Magnesium: 75.78mg (18.94%), Vitamin A: 834.8IU (16.7%), Vitamin B12: 0.68µg (11.35%), Vitamin B5: 0.95mg (9.5%), Calcium: 65.29mg (6.53%), Vitamin D: 0.65µg (4.34%)