



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 baby peas frozen thawed
- ☐ 1 cup celery finely chopped
- ☐ 4 servings garnish: celery leaves
- ☐ 0.3 cup cornichons sour chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large garlic clove minced
- ☐ 2 teaspoon gelatin powder unflavored (from 1 envelope)

- ☐ 0.8 pound baked 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
- ☐ 6 long parsley sprigs divided
- ☐ 1 pound potatoes boiled peeled cut into 1/2-inch cubes (2 1/2 cups)
- ☐ 3 tablespoons water
- ☐ 2 tablespoons white-wine vinegar

Equipment

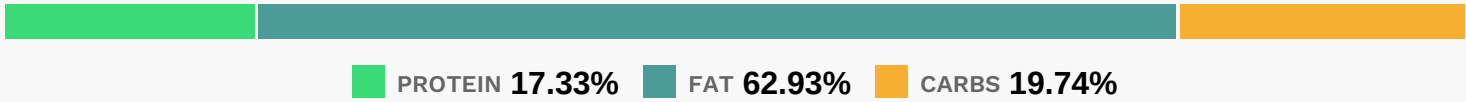
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

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



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: Og (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%)