



Hot Mustard-Pickled Peaches with Baked Ham

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

Ingredients

- 6 ounces baby mustard and kale leaves
- 1 teaspoon ground ginger
- 6 ounces glazed baked ham cut into matchsticks
- 2 tablespoons mayonnaise
- 2.5 tablespoons mustard dry english
- 1 pound peaches--peeled firm pitted ripe halved sliced
- 0.5 cup pecan halves
- 4 servings pepper freshly ground

- 4 servings salt
- 2 tablespoons sugar
- 1 cup water
- 0.5 cup citrus champagne vinegar

Equipment

- bowl
- sauce pan
- oven
- whisk

Directions

- In a medium saucepan, combine the water, vinegar, sugar and cloves and bring to a boil. Cover and simmer over low heat for 5 minutes.
- Remove from the heat, add a pinch of salt and whisk in the dry mustard and ginger.
- Add the peaches to the hot pickling liquid and let cool completely. Cover and refrigerate for at least 2 hours and for up to 5 days.
- Preheat the oven to 35
- Put the pecans in a metal pie plate and bake for about 8 minutes, or until toasted.
- Let cool, then coarsely chop.
- In a large bowl, mix 1/4 cup of the pickling liquid with the mayonnaise and season with salt and pepper.
- Add the kale and mustard leaves and toss well.
- Transfer the salad to plates, scatter the pickled peaches and ham over the top.
- Sprinkle with the pecans and serve.
- Wine Recommendation: An assertive, fruity ros, such as the 2000 Domaine de l'Olivette, from the south of France, or the 2000 Wlffer Estate from Long Island, will complement the ham in this salad and tie together the sweet, tangy and fruity elements in the vinaigrette.

Nutrition Facts



■ PROTEIN 15.26% ■ FAT 59.04% ■ CARBS 25.7%

Properties

Glycemic Index:58.59, Glycemic Load:8.39, Inflammation Score:-10, Nutrition Score:22.937391260396%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg, Catechin: 6.48mg Epigallocatechin: 1.88mg, Epigallocatechin: 1.88mg, Epigallocatechin: 1.88mg, Epigallocatechin: 1.88mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 342.84kcal (17.14%), Fat: 22.92g (35.26%), Saturated Fat: 4.26g (26.59%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 18.53g (6.74%), Sugar: 17.45g (19.39%), Cholesterol: 29.31mg (9.77%), Sodium: 1593.78mg (69.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Vitamin K: 220.81µg (210.29%), Vitamin A: 4369.36IU (87.39%), Manganese: 1.21mg (60.38%), Vitamin B1: 0.4mg (26.58%), Folate: 93.73µg (23.43%), Vitamin C: 16.89mg (20.47%), Selenium: 13.41µg (19.16%), Phosphorus: 175.92mg (17.59%), Copper: 0.35mg (17.28%), Magnesium: 68.82mg (17.21%), Vitamin B3: 3.31mg (16.56%), Potassium: 569.13mg (16.26%), Fiber: 3.92g (15.68%), Vitamin B6: 0.3mg (15.14%), Vitamin E: 2.25mg (14.99%), Zinc: 2.08mg (13.86%), Iron: 2.48mg (13.8%), Vitamin B2: 0.23mg (13.48%), Calcium: 63.59mg (6.36%), Vitamin B5: 0.52mg (5.18%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.31µg (2.08%)