



## Mixed Greens with Smoked Ham, Black-Eyed Peas, and Roasted-Red-Pepper Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 clove garlic smashed
- 0.3 teaspoon fresh-ground pepper black
- 1.3 pounds ham smoked black such as forest, halved lengthwise and cut crosswise into thin strips
- 4 quarts salad greens mixed
- 0.3 cup olive oil
- 1 bell pepper red

0.5 teaspoon salt

## Equipment

bowl

blender

grill

tongs

## Directions

Roast the pepper over a gas flame or grill or broil it, turning with tongs until charred all over, about 10 minutes. When the pepper is cool enough to handle, pull off the skin.

Remove the stem, seeds, and ribs.

Cut the pepper into pieces.

In a blender, combine the roasted pepper, the garlic, vinegar, oil, salt, and black pepper. Puree until smooth.

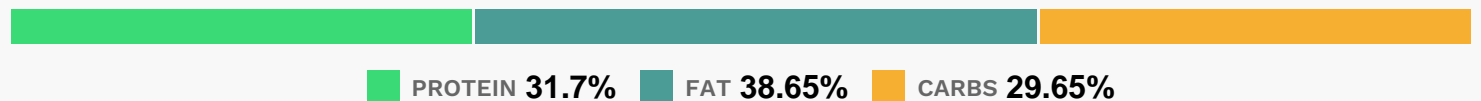
In a large bowl, combine the greens with the ham and black-eyed peas.

Serve the salad with the dressing spooned over the top.

Variation:: If you'd rather use frozen black-eyed peas, cook them according to the package directions, drain, and let cool before adding them to the salad. Or you could substitute black beans or kidney beans.

Wine Recommendation: This salad needs a crisp and frankly fruity red to contrast its smoky flavors. Beaujolais, easy to find and easier to drink, is a perfect choice.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:36.058260544487%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 423.77kcal (21.19%), Fat: 19.36g (29.79%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 32.75g (11.91%), Sugar: 2g (2.22%), Cholesterol: 68.04mg (22.68%), Sodium: 2260.09mg (98.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.73g (71.47%), Vitamin C: 257.87mg (312.57%), Vitamin A: 11682.79IU (233.66%), Folate: 363.88µg (90.97%), Manganese: 1.46mg (72.95%), Phosphorus: 709.19mg (70.92%), Potassium: 2079.73mg (59.42%), Iron: 8.06mg (44.8%), Vitamin B6: 0.85mg (42.67%), Copper: 0.82mg (41.18%), Magnesium: 152.5mg (38.12%), Zinc: 4.64mg (30.94%), Vitamin B2: 0.5mg (29.38%), Vitamin B3: 5.5mg (27.51%), Vitamin B1: 0.3mg (20.11%), Vitamin E: 2.42mg (16.11%), Calcium: 142.59mg (14.26%), Vitamin B5: 1.24mg (12.36%), Vitamin K: 9.8µg (9.34%), Selenium: 3.93µg (5.61%), Fiber: 0.67g (2.69%)