



Parma ham & peach plates

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

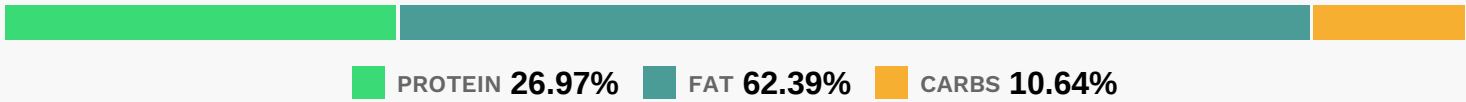
- ☐ 6 slices ham
- ☐ 1 peaches halved
- ☐ 25 g parmesan chunk
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 3 sprigs chervil

Equipment

Directions

- ☐ Arrange 3 slices of the ham on each plate. Slice each peach half into 6 wedges, then scatter these over the ham.
- ☐ Shave Parmesan over both plates, then drizzle with a little oil. Scatter with cracked black pepper and chervil, then serve.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:13.416956466177%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 353.61kcal (17.68%), Fat: 24.64g (37.9%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.99g (2.9%), Sugar: 6.39g (7.1%), Cholesterol: 60.58mg (20.19%), Sodium: 1209.71mg (52.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.93%), Vitamin B1: 0.54mg (35.94%), Selenium: 24.33µg (34.76%), Phosphorus: 296.51mg (29.65%), Vitamin B3: 4.55mg (22.74%), Calcium: 197.33mg (19.73%), Vitamin B6: 0.38mg (18.86%), Zinc: 2.73mg (18.19%), Vitamin B2: 0.27mg (15.93%), Potassium: 485.51mg (13.87%), Vitamin E: 1.89mg (12.57%), Iron: 2.09mg (11.59%), Vitamin B12: 0.69µg (11.46%), Vitamin A: 517.63IU (10.35%), Magnesium: 31.36mg (7.84%), Copper: 0.15mg (7.27%), Vitamin K: 6.68µg (6.36%), Manganese: 0.12mg (6.15%), Fiber: 1.46g (5.86%), Vitamin C: 4.57mg (5.55%), Vitamin B5: 0.56mg (5.55%), Vitamin D: 0.65µg (4.34%), Folate: 16.11µg (4.03%)