



Preserved Strawberries and Jamón Serrano on Little Toasts from 'Canal House Cooks Every Day

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



515 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 servings aged balsamic vinegar as needed
- 1 crusty baguette thinly sliced
- 2 servings olive oil as needed
- 2 slices serrano ham
- 1 cup strawberries

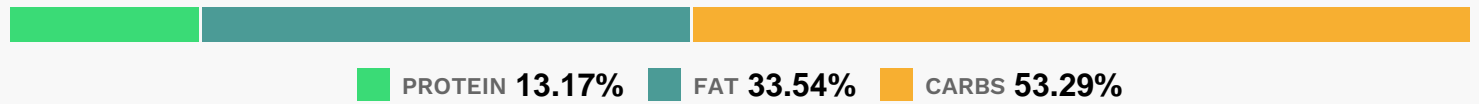
Equipment

oven

Directions

Brush both sides of small, thin slices of baguette with some extra-virgin olive oil. Toast them in a preheated 400° oven, turning them once, until golden on both sides. Put a small berry from Strawberry Conserves onto each toast, then pour a few drops of aged balsamic vinegar on each berry. Drape a slice (or half a slice if a whole one is too much) of Serrano ham over the preserves and top with another bit of preserves.

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:44.25, Inflammation Score:-6, Nutrition Score:18.296086888598%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 514.59kcal (25.73%), Fat: 19.13g (29.43%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 64.31g (23.39%), Sugar: 11.78g (13.08%), Cholesterol: 7.5mg (2.5%), Sodium: 1052.14mg (45.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.81%), Vitamin C: 42.34mg (51.32%), Vitamin

B1: 0.74mg (49.65%), Manganese: 0.88mg (43.94%), Folate: 151.03µg (37.76%), Selenium: 21.79µg (31.13%), Vitamin B3: 5.95mg (29.76%), Iron: 4.97mg (27.61%), Vitamin B2: 0.42mg (24.53%), Vitamin E: 2.59mg (17.25%), Fiber: 4.07g (16.26%), Calcium: 147.23mg (14.72%), Phosphorus: 139.07mg (13.91%), Vitamin K: 13.76µg (13.11%), Magnesium: 43.78mg (10.94%), Copper: 0.19mg (9.5%), Vitamin B6: 0.16mg (8.19%), Potassium: 283.22mg (8.09%), Zinc: 1.1mg (7.34%), Vitamin B5: 0.56mg (5.63%)