



Salami Chips with Grainy Mustard Dip

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons grainy mustard
- ☐ 0.3 cup top-quality mayonnaise
- ☐ 8 ounces genoa salami thinly sliced
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

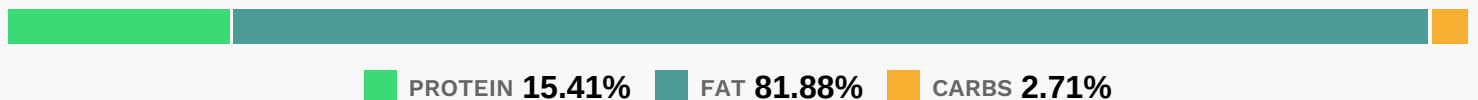
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ To make the dip, stir together the sour cream, mayonnaise, Dijon mustard, and grainy mustard in a small serving bowl. Cover with plastic wrap and refrigerate until you are ready to serve, ideally at least 2 hours.
- ☐ Preheat the oven to 375°F. Line 2 rimmed baking sheets with parchment paper or silicone baking mats. Set 2 oven racks at the centermost positions.
- ☐ Lay the salami slices out in a single layer on the baking sheets.
- ☐ Bake until they are evenly browned and rigid, 10 to 12 minutes.
- ☐ Transfer to paper towels to drain and cool. The salami will crisp further as it cools.
- ☐ Arrange the salami chips in a bowl or on a plate, with the dip alongside.
- ☐ Feel free to play around with different types of salami for this recipe. I'm lucky to live in the hometown of Salumi, the little sliver of meat-lover's heaven here in Seattle, founded by master salumist Armandino Batali and carried on today by his daughter Gina Batali and son-in-law Brian D'Amato. I love the results from crisping up the sopressata and finocchiona from Salumi for this snack. I've noticed Salumi products in some top-flight delis and specialty food shops around the country. But use any really good salami you can find. I've also used mainstream salami available at the grocery store with decent results as well.
- ☐ Cynthia Nims studied cooking at La Varenne Ecole de Cuisine and has authored or coauthored thirteen cookbooks, including Gourmet Game Night, Memorable Recipes, and Rover's. She is the former editor of Simply Seafood magazine and food editor for Seattle Magazine, and she contributes to Cooking Light, Coasting Living, and Sunset. She and her husband live in Seattle, Washington, and her blog, Mon Appétit, can be found at www.monappetit.com.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:5.3039130043724%

Nutrients (% of daily need)

Calories: 181.79kcal (9.09%), Fat: 16.44g (25.3%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.39g (0.43%), Cholesterol: 29.58mg (9.86%), Sodium: 769.88mg (33.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin B1: 0.28mg (18.66%), Selenium: 10.18µg (14.54%), Vitamin B12: 0.82µg (13.62%), Vitamin K: 11.63µg (11.08%), Zinc: 1.27mg (8.49%), Vitamin B6: 0.16mg (8.23%), Vitamin B3: 1.64mg (8.18%), Phosphorus: 79.95mg (8%), Vitamin B2: 0.11mg (6.58%), Potassium: 128.8mg (3.68%), Vitamin B5: 0.36mg (3.59%), Iron: 0.51mg (2.82%), Copper: 0.05mg (2.68%), Magnesium: 10.63mg (2.66%), Manganese: 0.05mg (2.62%), Vitamin E: 0.28mg (1.89%), Calcium: 16.23mg (1.62%), Fiber: 0.32g (1.29%), Vitamin A: 54.65IU (1.09%)