



Salumi with Peaches and Watercress

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 juice of lemon
- ☐ 1 orange juice
- ☐ 4 servings kosher salt black
- ☐ 0.5 cup olive oil plus more for drizzling
- ☐ 2 nectarines ripe
- ☐ 1 ounce pecorino cheese shaved

- ☐ 12 slices pepperoni thin
- ☐ 2 bunches watercress
- ☐ 8 slices frangelico thin
- ☐ 12 slices frangelico thin
- ☐ 8 slices frangelico thin
- ☐ 12 slices frangelico thin

Equipment

- ☐ bowl
- ☐ spatula

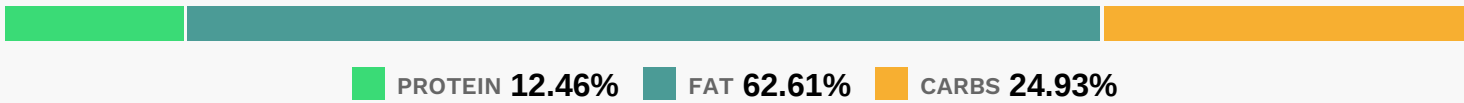
Directions

- ☐ On a serving platter, arrange the salumi and pepperoni slices in an overlapping pattern.
- ☐ Without peeling the peaches, remove the pits, slice the fruit into thin wedges, and put in a bowl.
- ☐ Add the olive oil, orange and lemon juice, watercress, mint, and basil and toss gently. Season to taste with salt and pepper and toss again.
- ☐ Spoon the salad next to the salumi.
- ☐ Drizzle both the salumi and salad with olive oil, garnish with the cheese, and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Fantastico by Rick Tramonto, Mary Goodbody, and Belinda Chang. Copyright (c) 2007 by Rick Tramonto. Published by Broadway Books. Rick Tramonto, the executive chef/partner of Tru in Chicago, was named one of Food & Wine's Top Ten Best Chefs in the country in 1994 and selected as one of America's Rising Star Chefs by Robert Mondavi in 1999
- ☐ He has also been nominated four times for the James Beard Award for Best Chef in the Midwest, winning the award in 2000
- ☐ Tru, which opened its doors in May 1999, was nominated for the 2000 James Beard Award for Best New Restaurant and named one of the Top 50 Best Restaurants in the World by Condé Nast Traveler. Tramonto is the coauthor, with his partner Gale Gand, of American Brasserie and Butter Sugar Flour Eggs. Mary Goodbody is a nationally known food writer and editor who

has worked on more than forty-five books. Her most recent credits include Williams-Sonoma Kitchen Companion, The Garden Entertaining Cookbook, and Back to the Table. She is the editor of the IACP Food Forum Quarterly, was the first editor in chief of Cooks magazine, and is a senior contributing editor for Chocolatier magazine and Pastry Art & Design magazine. Tim Turner is a nationally acclaimed food and tabletop photographer. He is a two-time James Beard Award winner for Best Food Photography, winning most recently in 200

His previous projects include Charlie Trotter's Recipes, Charlie Trotter's Meat and Game, The Inn at Little Washington, Norman's New World Cuisine (by Norman Van Aken), Jacques Pepin's Kitchen, and American Brasserie.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:7.3599999365599%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 143.86kcal (7.19%), Fat: 10.36g (15.94%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8g (2.91%), Sugar: 7.13g (7.92%), Cholesterol: 13.19mg (4.4%), Sodium: 388.73mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin K: 38.51µg (36.68%), Vitamin C: 18.32mg (22.21%), Vitamin A: 773.93IU (15.48%), Calcium: 99.17mg (9.92%), Vitamin E: 1.44mg (9.57%), Phosphorus: 93.65mg (9.36%), Manganese: 0.13mg (6.49%), Vitamin B3: 1.22mg (6.09%), Potassium: 203.2mg (5.81%), Fiber: 1.29g (5.15%), Vitamin B2: 0.09mg (5.01%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.47%), Selenium: 2.9µg (4.15%), Magnesium: 16.43mg (4.11%), Vitamin B6: 0.07mg (3.67%), Folate: 13.95µg (3.49%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.31mg (3.15%), Iron: 0.52mg (2.89%), Vitamin B12: 0.16µg (2.62%)