



Serrano Chips with Quince Preserves and Manchego

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



56 kcal

SIDE DISH

Ingredients

- 0.5 lb manchego cheese chilled
- 4 teaspoons quinces (quince paste)
- 0.3 lb serrano ham thinly sliced
- 1.5 cups vegetable oil

Equipment

- frying pan
- paper towels

peeler

Directions

- Cut ham into 32 (3- by 2- by 2-inch) triangles.
- Heat 1/4 inch of oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then fry ham in 4 batches, turning occasionally, until crisp and a shade darker, about 1 minute.
- Transfer to paper towels to drain.
- Using a cheese plane or vegetable peeler, shave 32 small pieces of cheese from wedge. (Each piece should be about 1 inch square.) Top each ham chip with 1/8 teaspoon quince preserves, then press cheese squares into preserves.
- *Available at specialty foods shops.
- **Available at The Spanish Table (206-682-2827; spanishtable.com).
- Cheese can be shaved 4 hours ahead and chilled, loosely covered, on a platter. Ham can be fried 2 hours ahead and kept, uncovered, at room temperature.

Nutrition Facts

 **PROTEIN 20.55%**  **FAT 78.78%**  **CARBS 0.67%**

Properties

Glycemic Index:1.09, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.59217391519443%

Nutrients (% of daily need)

Calories: 56.41kcal (2.82%), Fat: 4.95g (7.62%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0g (0%), Cholesterol: 9.48mg (3.16%), Sodium: 112.64mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Calcium: 75.9mg (7.59%), Vitamin K: 3.76µg (3.58%), Vitamin E: 0.17mg (1.11%)