



Serrano ham, olive, feta & rocket platter with homemade crostini

READY IN



35 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf sourdough bread
- ☐ 6 servings olive oil for drizzling
- ☐ 18 slices serrano ham
- ☐ 200 g best-quality feta cheese
- ☐ 40 greek olives black such as kalamata
- ☐ 1 handful rocket leaves
- ☐ 1 tbsp honey

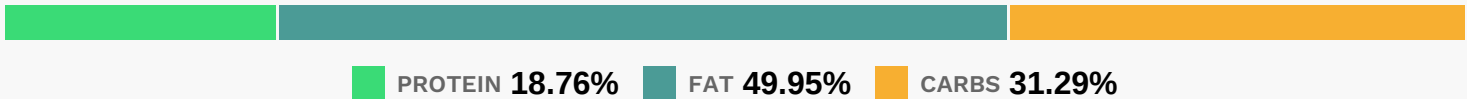
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ The crostini should be made no more than 15 mins in advance. Slice the bread about in thick and brush on some olive oil.
- ☐ Heat a griddle pan and grill the bread in batches until the outsides are crisp and attractively marked by the grill, and the insides are still soft.
- ☐ Drape the ham over the largest platter you have dont lay it flat, allow it to billow slightly. Break the feta by hand into irregular chunks about the size of a walnut, then dot over the ham. Randomly place the olives on the ham and carefully place the rocket leaves across the platter. Just before your guests tuck in, carefully drizzle over a little olive oil followed by the honey.
- ☐ Put the crostini on a separate platter or in a bowl, and serve alongside the salad at the table.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:32.08, Inflammation Score:-5, Nutrition Score:15.579565245172%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 557.47kcal (27.87%), Fat: 31.59g (48.6%), Saturated Fat: 8.06g (50.41%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 41.91g (15.24%), Sugar: 6.57g (7.3%), Cholesterol: 52.18mg (17.39%), Sodium: 2076.71mg (90.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.4%), Vitamin B1: 0.59mg (39.63%), Selenium: 26.87µg (38.39%), Vitamin B2: 0.61mg (35.87%), Folate: 107.64µg (26.91%), Calcium: 223.14mg (22.31%),

Iron: 3.95mg (21.92%), Vitamin E: 3.26mg (21.77%), Manganese: 0.42mg (20.92%), Vitamin B3: 4.05mg (20.24%),
Phosphorus: 194.55mg (19.45%), Vitamin K: 13.56µg (12.92%), Zinc: 1.78mg (11.86%), Vitamin B6: 0.23mg (11.68%),
Fiber: 2.6g (10.41%), Vitamin B12: 0.56µg (9.39%), Magnesium: 35.06mg (8.77%), Copper: 0.16mg (8.06%), Vitamin
A: 324.57IU (6.49%), Vitamin B5: 0.6mg (5.98%), Potassium: 134.46mg (3.84%)