



Serrano Ham Salad with Almond Garlic Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 garlic clove
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper sauce such as tabasco hot
- ☐ 7 oz piquillo peppers* dry spanish rinsed drained
- ☐ 1 lb the of 1 cos lettuce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 lb serrano ham thinly sliced

- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 cup slivered blanched almonds cooled toasted (3 oz)
- ☐ 0.5 cup water

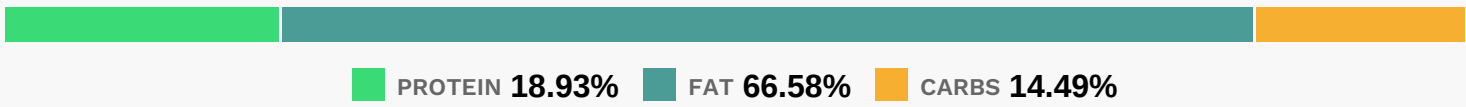
Equipment

- ☐ knife
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Mince garlic and mash to a paste with salt using a heavy knife or a mortar and pestle.
- ☐ Transfer to a blender along with 1/2 cup almonds, water, oil, vinegar, hot sauce, and black pepper, then blend until dressing is very smooth, about 1 minute. Coarsely chop remaining 2 tablespoons almonds.
- ☐ Cut a lengthwise slit in peppers and discard any seeds, then cut peppers into 1/4-inch-wide strips.
- ☐ Divide romaine and peppers among 4 plates, then arrange ham on top.
- ☐ Drizzle each serving with some dressing and sprinkle with chopped almonds.
- ☐ Serve remaining dressing on the side.
- ☐ *Available at specialty foods shops, some supermarkets, and The Spanish Table (206-682-2827).

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:19.759130566016%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.51mg, Quercetin:

2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 273.03kcal (13.65%), Fat: 20.97g (32.26%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 6.52g (2.37%), Sugar: 3.23g (3.58%), Cholesterol: 15.2mg (5.07%), Sodium: 1004.27mg (43.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.83%), Vitamin A: 10374.85IU (207.5%), Vitamin K: 122.68µg (116.83%), Vitamin C: 34.74mg (42.11%), Folate: 160.88µg (40.22%), Vitamin E: 4.87mg (32.45%), Manganese: 0.45mg (22.33%), Iron: 2.87mg (15.97%), Fiber: 3.75g (15%), Magnesium: 52.82mg (13.2%), Potassium: 374.88mg (10.71%), Vitamin B2: 0.17mg (10.18%), Copper: 0.2mg (10.08%), Phosphorus: 100.53mg (10.05%), Vitamin B1: 0.11mg (7.27%), Calcium: 72.33mg (7.23%), Vitamin B6: 0.11mg (5.47%), Zinc: 0.68mg (4.51%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.21mg (2.09%), Selenium: 1µg (1.42%)