



Smoked Ham and Walnut Salad

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons currants dried
- ☐ 6 ounces frisée packed
- ☐ 1 large garlic clove minced
- ☐ 1 pound thickly ham smoked sliced cut into matchsticks 1/
- ☐ 0.3 cup heavy cream
- ☐ 0.5 small onion thinly sliced
- ☐ 1.5 tablespoons pernod

- ☐ 1.5 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper freshly ground
- ☐ 0.5 cup walnuts

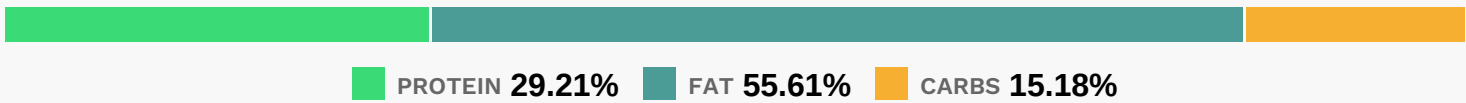
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 35
- ☐ Toast the walnuts on a pie plate for 7 minutes, or until lightly browned.
- ☐ Let cool and coarsely chop.
- ☐ In a small heatproof bowl, soak the currants in hot water until softened, about 10 minutes; drain.
- ☐ In a small bowl, whisk the cream with the mustard, Pernod, vinegar and garlic and season with salt and pepper.
- ☐ In a large bowl, combine the frise with the onion and currants.
- ☐ Add 1/4 cup of the dressing and toss to coat.
- ☐ Transfer the salad to a platter.
- ☐ Put the ham in the same bowl, toss gently with the remaining dressing and arrange over the salad.
- ☐ Sprinkle the walnuts over the top and serve.
- ☐ Make Ahead: The recipe can be prepared through Step 3 a day ahead. The walnuts and currants can stand, covered, at room temperature. The dressing can be refrigerated.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:10.07869576436%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 158.68kcal (7.93%), Fat: 9.76g (15.02%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.17g (1.51%), Sugar: 3.22g (3.58%), Cholesterol: 35.62mg (11.87%), Sodium: 957.82mg (41.64%), Alcohol: 1.07g (100%), Alcohol %: 1.2% (100%), Protein: 11.54g (23.07%), Vitamin K: 63.94µg (60.9%), Vitamin A: 1333.2IU (26.66%), Manganese: 0.4mg (19.81%), Phosphorus: 183.68mg (18.37%), Copper: 0.34mg (16.75%), Magnesium: 40.73mg (10.18%), Zinc: 1.42mg (9.49%), Potassium: 327.23mg (9.35%), Folate: 32.46µg (8.12%), Iron: 1.34mg (7.44%), Fiber: 1.83g (7.32%), Vitamin C: 5.9mg (7.15%), Calcium: 47.82mg (4.78%), Vitamin B6: 0.09mg (4.46%), Vitamin E: 0.63mg (4.17%), Vitamin B1: 0.06mg (3.92%), Selenium: 2.66µg (3.8%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.33mg (3.33%), Vitamin B3: 0.29mg (1.47%)