



Smoked Ham Salad on Gruyère Potato Coins

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers finely chopped
- ☐ 1 tablespoon pickled cucumbers / gherkins finely chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 4 ounces gruyere cheese shredded
- ☐ 2 baking potatoes cut into 1/8 inch-thick slices thin
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 36 servings salt and pepper freshly ground

- ☐ 1 spring onion finely chopped
- ☐ 0.5 pound ham smoked lean finely chopped
- ☐ 1 teaspoon tarragon finely chopped

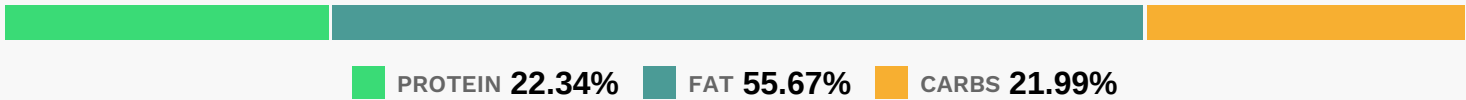
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 and line a baking sheet with parchment paper or foil. Using a 2-inch round biscuit cutter, cut the potato slices into rounds. In a bowl, toss the potatoes with the olive oil and arrange them in a single layer on the baking sheet. Season lightly with salt and pepper, then sprinkle with the cheese.
- ☐ Bake the potato rounds for about 45 minutes, or until deep golden; let cool.
- ☐ Transfer the potato coins to paper towels.
- ☐ In a small bowl, combine the ham with the mayonnaise, scallion, cornichons, capers, tarragon and mustard. Season with salt and pepper. Spoon the ham salad onto the potato coins and serve.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:1.3643478161615%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 40.5kcal (2.03%), Fat: 2.53g (3.9%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.11g (0.13%), Cholesterol: 6.98mg (2.33%), Sodium: 315.03mg (13.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Phosphorus: 41.17mg (4.12%), Calcium: 35.34mg (3.53%), Vitamin K: 3.38µg (3.21%), Vitamin B6: 0.05mg (2.26%), Potassium: 72.26mg (2.06%), Zinc: 0.28mg (1.86%), Magnesium: 6.31mg (1.58%), Copper: 0.03mg (1.54%), Manganese: 0.03mg (1.3%), Iron: 0.23mg (1.27%)