



Warm Frisee Salad With Crispy Kosher Salami

 Gluten Free  Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz kosher beef salami
- 0.3 cup olive oil extra virgin
- 4 bunches frisée
- 1 garlic clove minced
- 1 pt grape tomatoes halved
- 0.3 teaspoon coarsely ground pepper
- 0.5 teaspoon kosher salt
- 0.5 medium size onion red sliced

- 0.3 cup sherry vinegar
- 2 teaspoons grain mustard whole

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- Cut kosher beef salami slices into 1/4-inch strips.
- Cook salami strips in hot olive oil in a medium skillet over medium heat 5 to 10 minutes or until crispy.
- Remove salami with a slotted spoon, reserving remaining oil in skillet.
- Drain salami pieces on paper towels.
- Saut onion and garlic in reserved hot oil 2 minutes. Stir in vinegar, mustard, salt, and pepper; cook 1 minute.
- Place frise and grape tomato halves in a large bowl, and drizzle with vinegar mixture; toss to coat.
- Sprinkle with crispy salami pieces, and serve immediately.
- *2 bunches curly endive may be substituted for frise.
- Note: For testing purposes only, we used Hebrew National Kosher Beef Salami.

Nutrition Facts

 PROTEIN 17.4%  FAT 75.58%  CARBS 7.02%

Properties

Glycemic Index:19.88, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:6.7643478655297%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 184.56kcal (9.23%), Fat: 15.43g (23.73%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.87g (2.08%), Cholesterol: 30.19mg (10.06%), Sodium: 192.05mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.99%), Vitamin B12: 0.91µg (15.17%), Zinc: 1.91mg (12.72%), Vitamin B3: 2.17mg (10.85%), Vitamin C: 8.9mg (10.79%), Vitamin K: 11.14µg (10.61%), Vitamin A: 522.68IU (10.45%), Vitamin B6: 0.2mg (9.96%), Vitamin E: 1.48mg (9.89%), Selenium: 6.9µg (9.85%), Phosphorus: 86.43mg (8.64%), Potassium: 275.32mg (7.87%), Iron: 1.12mg (6.22%), Manganese: 0.11mg (5.36%), Vitamin B2: 0.08mg (4.58%), Magnesium: 15.78mg (3.94%), Fiber: 0.92g (3.7%), Folate: 13.81µg (3.45%), Copper: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.12%), Vitamin B5: 0.29mg (2.87%), Calcium: 18.15mg (1.81%)