



Wilted Greens Salad with Squash, Apples, and Country Ham

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples such as braeburn or fuji, quartered, cored, thinly sliced
- ☐ 3 tablespoons buttermilk
- ☐ 2 tablespoons kosher salt plus more for seasoning
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 servings peppercorns whole black
- ☐ 4 ounces country ham thinly sliced

- ☐ 2 tablespoons shallots minced
- ☐ 10 cups pkt spinach fresh trimmed (2 bunches)
- ☐ 2 cups butternut squash peeled
- ☐ 2 tablespoons vegetable oil

Equipment

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

Directions

- ☐ Gently rub greens with 2 tablespoons salt in a large bowl.
- ☐ Let stand, checking often, until the greens begin to release water and soften, about 15 minutes. Rinse in two changes of cold water. Squeeze greens dry and pat with a kitchen towel; transfer to a clean bowl.
- ☐ Meanwhile, preheat oven to 425°F. Line a rimmed baking sheet with foil. Toss squash with 1 tablespoon olive oil on prepared sheet; season with salt. Roast squash, turning occasionally, until lightly browned and tender, 20–25 minutes.
- ☐ Let cool.
- ☐ Heat vegetable oil in a medium skillet over medium–high heat. Working in batches, add ham and cook until crisp, 1–2 minutes per side.
- ☐ Transfer to paper towels to drain.
- ☐ Add squash, apple, shallot, lemon juice, and remaining 2 tablespoons olive oil to greens. Toss to combine; season to taste with salt. Divide evenly among plates.
- ☐ Drizzle with buttermilk. Arrange fried ham over. Season with cracked pepper.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:25.968260993128%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 308.97kcal (15.45%), Fat: 22.92g (35.26%), Saturated Fat: 4.49g (28.05%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 15.15g (5.51%), Sugar: 7.72g (8.58%), Cholesterol: 18.81mg (6.27%), Sodium: 3900.13mg (169.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.39%), Vitamin K: 384.56µg (366.25%), Vitamin A: 14523IU (290.46%), Vitamin C: 41.17mg (49.9%), Manganese: 0.99mg (49.33%), Folate: 170.55µg (42.64%), Vitamin E: 4.81mg (32.09%), Potassium: 848.39mg (24.24%), Magnesium: 95.14mg (23.78%), Vitamin B1: 0.32mg (21.19%), Vitamin B6: 0.41mg (20.4%), Fiber: 4.58g (18.31%), Iron: 3.08mg (17.11%), Vitamin B2: 0.25mg (14.91%), Phosphorus: 140.27mg (14.03%), Vitamin B3: 2.73mg (13.64%), Calcium: 134.5mg (13.45%), Selenium: 8.08µg (11.54%), Copper: 0.21mg (10.41%), Zinc: 1.27mg (8.44%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.34µg (2.3%)