



30-Minute Ham and Pasta Salad

READY IN



30 min.

SERVINGS



9

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz shells uncooked
- ☐ 2 cups peas sweet frozen
- ☐ 3 cups finely-chopped ham diced cooked
- ☐ 1 cup celery sliced
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 cup relish drained
- ☐ 2 cups monterrey jack cheese diced
- ☐ 0.8 cup mayonnaise
- ☐ 0.8 cup ranch dressing

- ☐ 0.3 cup chives fresh chopped
- ☐ 0.1 teaspoon pepper

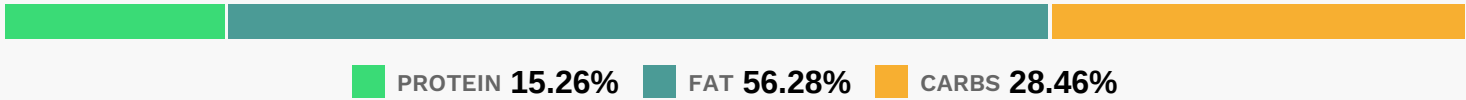
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package, adding peas during last 2 to 3 minutes of cooking time. Rinse with cold water to cool.
- ☐ Drain well.
- ☐ Meanwhile, in large bowl, mix ham, celery, bell pepper, pickle relish and cheese. In small bowl, mix remaining ingredients.
- ☐ Add pasta and peas to salad; stir gently to mix.
- ☐ Add mayonnaise mixture; toss to coat.
- ☐ Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:12.96, Inflammation Score:-8, Nutrition Score:20.8508695364%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 547.67kcal (27.38%), Fat: 34.18g (52.59%), Saturated Fat: 9.16g (57.27%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 35.07g (12.75%), Sugar: 4.87g (5.41%), Cholesterol: 62.89mg (20.96%), Sodium: 1045.9mg (45.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Vitamin K: 72.39µg (68.95%), Vitamin C: 43.99mg (53.32%), Selenium: 36.77µg (52.53%), Phosphorus: 381.95mg (38.19%), Manganese: 0.55mg (27.44%), Vitamin B1: 0.35mg (23.04%), Calcium: 220.15mg (22.01%), Vitamin A: 1099.24IU (21.98%), Zinc: 2.68mg (17.86%),

Vitamin B2: 0.3mg (17.7%), Fiber: 3.81g (15.25%), Vitamin B3: 2.96mg (14.81%), Vitamin B6: 0.29mg (14.6%), Vitamin B12: 0.8µg (13.27%), Magnesium: 52.85mg (13.21%), Copper: 0.24mg (12.21%), Folate: 48.09µg (12.02%), Potassium: 383.97mg (10.97%), Iron: 1.85mg (10.27%), Vitamin E: 1.5mg (10%), Vitamin B5: 0.85mg (8.55%), Vitamin D: 0.21µg (1.39%)