



## 30-Minute Ham and Pasta Salad

READY IN



30 min.

SERVINGS



9

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup celery sliced
- 2 cups monterrey jack cheese diced
- 3 cups finely-chopped ham diced cooked
- 0.5 cup relish drained
- 0.3 cup chives fresh chopped
- 0.8 cup mayonnaise
- 2 cups peas sweet frozen
- 0.1 teaspoon pepper
- 0.8 cup ranch dressing

1 cup bell pepper red chopped

12 oz shells uncooked

## 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.

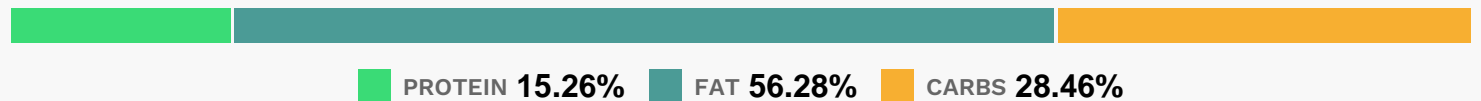
Meanwhile, in large bowl, mix ham, celery, bell pepper, pickle relish and cheese. In small bowl, mix remaining ingredients.

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: 0g (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%)