



Apple, White Cheddar, and Ham Salad

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple juice
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 cups torn boston lettuce 2 small heads
- ☐ 2 tablespoons cider vinegar
- ☐ 4 cups torn curly leaf lettuce
- ☐ 8 ounces ham lean cubed
- ☐ 1 tablespoon dijon honey mustard light
- ☐ 0.3 cup raisins

- ☐ 1 small delicious apple red chopped
- ☐ 2 teaspoons vegetable oil
- ☐ 2 ounces cheddar cheese shredded white reduced-fat

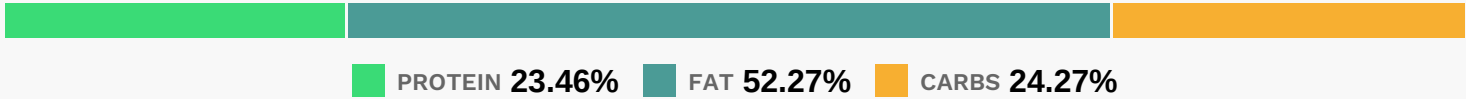
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine apple juice and next 4 ingredients in a small bowl; stir with a whisk.
- ☐ Pour over lettuce mixture; toss well to coat. Spoon salad mixture onto 4 individual salad plates.
- ☐ Sprinkle 2 tablespoons cheese over each salad.

Nutrition Facts



Properties

Glycemic Index:57.64, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:19.248695580856%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 288kcal (14.4%), Fat: 16.87g (25.96%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 15.06g (5.48%), Sugar: 6.53g (7.26%), Cholesterol: 49.33mg (16.44%), Sodium: 800.8mg (34.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.08%), Vitamin K: 101.91µg (97.06%), Vitamin A: 4484.4IU (89.69%), Vitamin B1: 0.42mg (27.83%), Selenium: 17.47µg (24.96%), Phosphorus: 225.58mg (22.56%), Vitamin B6: 0.33mg (16.66%), Vitamin B2: 0.28mg (16.22%), Vitamin B3: 2.99mg (14.97%), Potassium: 494.21mg (14.12%), Calcium: 141.12mg (14.11%), Folate: 56.26µg (14.06%), Zinc: 2.04mg (13.58%), Manganese: 0.26mg (13.05%), Fiber: 2.57g (10.27%), Iron: 1.76mg (9.78%), Vitamin C: 7.47mg (9.05%), Vitamin B12: 0.51µg (8.55%), Magnesium: 31.41mg (7.85%), Copper: 0.11mg (5.52%), Vitamin E: 0.73mg (4.88%), Vitamin B5: 0.47mg (4.74%), Vitamin D: 0.48µg (3.21%)