



Awesome Ham Pasta Salad

 Popular

READY IN



27 min.

SERVINGS



6

CALORIES



630 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 teaspoons beef bouillon granules
- 1 cup cherry tomatoes halved
- 1 pound ham cubed cooked
- 2 cloves garlic minced
- 1 large bell pepper green cut into 1 inch pieces
- 0.3 teaspoon ground pepper black
- 1 cup mayonnaise
- 1 large bell pepper red cut into 1 inch pieces

- 1 large onion red coarsely chopped
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 15 15 small sweet pickles sweet chopped
- 1 tablespoon vinegar white
- 8 ounces ziti pasta

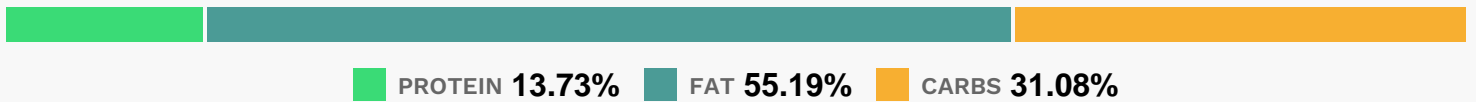
Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a large bowl, mix together the drained pasta, ham, peppers, onion, pickles and tomatoes.
- In a small bowl, whisk together the mayonnaise, sour cream, beef bouillon granules, vinegar, salt, pepper, garlic and 1/2 cup of reserved pickle juice. Fold into the salad and toss gently until evenly coated. Chill overnight to allow the flavors to blend.
- Serve near room temperature.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:12.36, Inflammation Score:-9, Nutrition Score:25.72086935458%

Flavonoids

Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 629.54kcal (31.48%), Fat: 38.45g (59.15%), Saturated Fat: 7.8g (48.74%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 45.32g (16.48%), Sugar: 16.65g (18.49%), Cholesterol: 82.21mg (27.4%), Sodium: 1803.47mg (78.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Vitamin C: 82.52mg (100.02%), Vitamin K: 94.9µg (90.38%), Selenium: 41.06µg (58.66%), Phosphorus: 354.33mg (35.43%), Vitamin A: 1700.47IU (34.01%), Vitamin B1: 0.51mg (33.96%), Manganese: 0.57mg (28.69%), Vitamin B6: 0.47mg (23.49%), Vitamin B3: 4.01mg (20.03%), Vitamin B12: 1.16µg (19.32%), Vitamin B2: 0.31mg (17.95%), Zinc: 2.6mg (17.32%), Potassium: 585.63mg (16.73%), Vitamin E: 2.24mg (14.94%), Copper: 0.28mg (13.82%), Fiber: 3.4g (13.6%), Magnesium: 53.5mg (13.37%), Vitamin B5: 1.16mg (11.61%), Iron: 1.85mg (10.26%), Folate: 35.04µg (8.76%), Calcium: 87.5mg (8.75%)