



Big ham salad



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

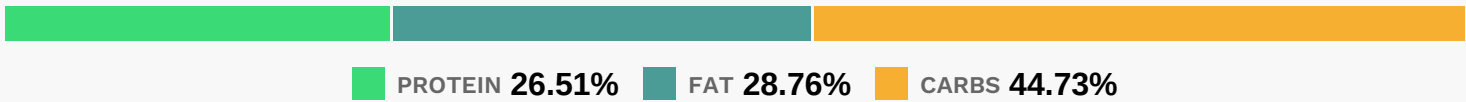
- ☐ 200 g pea-mond dressing
- ☐ 250 g ham shredded
- ☐ 2 little gem lettuces separated
- ☐ 1 bunch spring onion sliced
- ☐ 300 g baby potatoes cooked sliced
- ☐ 1 small bunch mint leaves roughly chopped
- ☐ 150 ml yogurt
- ☐ 1 tsp sugar

Equipment

Directions

- ☐ Cook peas in boiling water for 1 min.
- ☐ Drain and rinse under cold water. Toss with ham, leaves, spring onions, potatoes and two-thirds of mint.
- ☐ Mix remaining mint with yogurt and sugar.
- ☐ Drizzle over salad.

Nutrition Facts



Properties

Glycemic Index:69.46, Glycemic Load:17.76, Inflammation Score:-9, Nutrition Score:38.912608654603%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 388.62kcal (19.43%), Fat: 13.12g (20.18%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 45.9g (15.3%), Net Carbohydrates: 34.54g (12.56%), Sugar: 17.7g (19.66%), Cholesterol: 43.8mg (14.6%), Sodium: 778.85mg (33.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.42%), Vitamin C: 112.92mg (136.87%), Vitamin B6: 1.76mg (88.05%), Folate: 289.86µg (72.46%), Manganese: 1.38mg (68.77%), Potassium: 2200.19mg (62.86%), Vitamin B2: 1.06mg (62.17%), Vitamin B1: 0.82mg (54.93%), Phosphorus: 509.61mg (50.96%), Fiber: 11.37g (45.47%), Magnesium: 158.59mg (39.65%), Vitamin B3: 6.66mg (33.31%), Vitamin K: 31.77µg (30.25%), Copper: 0.57mg (28.38%), Zinc: 4.22mg (28.13%), Vitamin A: 1282.74IU (25.65%), Selenium: 17.69µg (25.27%), Iron: 4.53mg (25.14%), Vitamin B5: 1.75mg (17.5%), Calcium: 164.1mg (16.41%), Vitamin B12: 0.54µg (9.06%), Vitamin E: 1.11mg (7.39%), Vitamin D: 0.48µg (3.18%)