



Cook the Book: Chopped Ham Salad with Hard Boiled Eggs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound finely-chopped ham diced cooked finely
- ☐ 3 tablespoons dijon mustard
- ☐ 4 hardboiled eggs peeled
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings salt and pepper
- ☐ 6 spring onion chopped

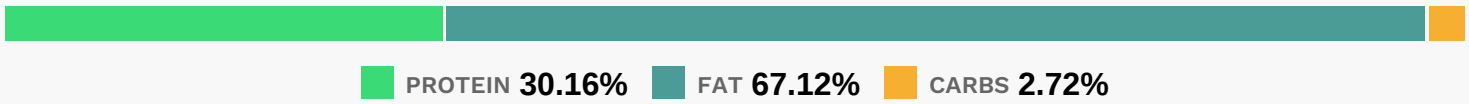
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Put the ham in a medium bowl. Press 2 of the hard-boiled eggs through a sieve into the bowl.
- ☐ Add the scallions, mustard, and mayonnaise, and mix well. Season to taste with salt and pepper. Slice the remaining 2 hard-boiled eggs and garnish the ham salad with them.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:21.321739093117%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 386.02kcal (19.3%), Fat: 28.32g (43.57%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.25g (1.38%), Cholesterol: 277.12mg (92.37%), Sodium: 1810.7mg (78.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Vitamin K: 68.01µg (64.77%), Selenium: 42.22µg (60.31%), Vitamin B1: 0.67mg (44.47%), Phosphorus: 439.85mg (43.99%), Vitamin B12: 2.18µg (36.27%), Vitamin C: 29.85mg (36.18%), Vitamin B2: 0.55mg (32.46%), Zinc: 3.22mg (21.5%), Vitamin B3: 4.22mg (21.09%), Vitamin B6: 0.37mg (18.55%), Vitamin B5: 1.77mg (17.68%), Potassium: 451.98mg (12.91%), Iron: 2.05mg (11.36%), Folate: 38.64µg (9.66%), Magnesium: 38.01mg (9.5%), Vitamin A: 459.58IU (9.19%), Vitamin E: 1.27mg (8.44%), Copper: 0.16mg (8.14%), Vitamin D: 1.14µg (7.58%), Manganese: 0.14mg (7.19%), Calcium: 53.46mg (5.35%), Fiber: 0.95g (3.81%)