



Creamy Ham and Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



280 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 4.7 oz potatoes
- ☐ 3 cups water
- ☐ 0.5 cup salad dressing
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups finely-chopped ham cubed fully cooked
- ☐ 12 oz peas sweet frozen thawed drained

Equipment

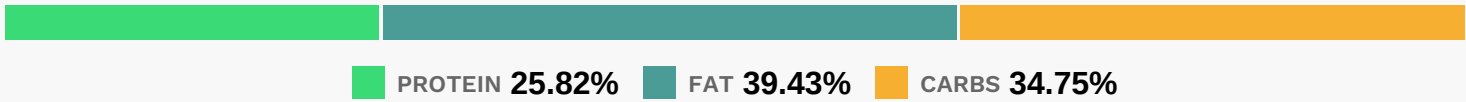
- ☐ bowl

☐ dutch oven

Directions

- ☐ Heat Potatoes, Sauce
- ☐ Mix and water to boiling in 4-quart Dutch oven over high heat, stirring occasionally.
- ☐ Reduce heat; simmer uncovered about 25 minutes, stirring occasionally, until potatoes are tender.
- ☐ Remove from heat; stir in mayonnaise and mustard. Stir in ham and peas. Spoon into serving bowl; cover and refrigerate 3 to 4 hours or until chilled. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:5.03, Inflammation Score:-5, Nutrition Score:12.185217536014%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 167.67kcal (8.38%), Fat: 7.33g (11.28%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 10.72g (3.9%), Sugar: 5.54g (6.15%), Cholesterol: 27.5mg (9.17%), Sodium: 667.09mg (29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.61%), Vitamin C: 35.92mg (43.54%), Vitamin B1: 0.38mg (25.12%), Vitamin K: 25.49µg (24.27%), Phosphorus: 189.52mg (18.95%), Fiber: 3.83g (15.31%), Manganese: 0.3mg (15.03%), Vitamin B3: 2.8mg (13.99%), Selenium: 9.79µg (13.98%), Vitamin B6: 0.27mg (13.6%), Zinc: 1.65mg (10.99%), Folate: 41.71µg (10.43%), Potassium: 357.88mg (10.23%), Vitamin B2: 0.17mg (10.19%), Copper: 0.19mg (9.56%), Vitamin A: 443.02IU (8.86%), Vitamin B12: 0.53µg (8.85%), Magnesium: 35.09mg (8.77%), Iron: 1.42mg (7.88%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.51mg (3.42%), Calcium: 26.77mg (2.68%)