



Dijon Ham and Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 package ranch & bacon pasta salad mix betty suddenly salad®
- 3 tablespoons water cold
- 2 tablespoons vegetable oil
- 2 tablespoons dijon mustard
- 1 cup finely-chopped ham cubed fully cooked
- 14 oz artichoke hearts drained cut into fourths canned

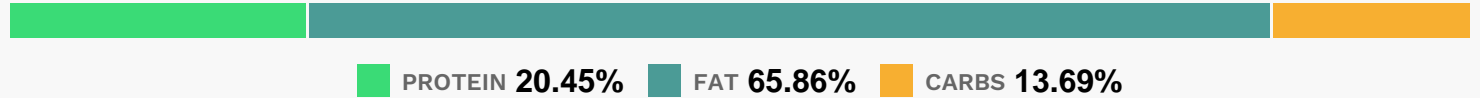
Equipment

- bowl

Directions

- Cook and drain Pasta mix as directed on package. Rinse with cold water until chilled; drain.
- In large bowl, stir together seasoning mix (from salad mix), oil, water and mustard. Stir in pasta, ham and artichokes.
- Serve immediately, or cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.4673913892197%

Nutrients (% of daily need)

Calories: 130.55kcal (6.53%), Fat: 9.21g (14.17%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.88g (0.98%), Cholesterol: 20.62mg (6.87%), Sodium: 779.32mg (33.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Vitamin K: 12.62µg (12.02%), Selenium: 8.14µg (11.63%), Vitamin B1: 0.16mg (10.93%), Phosphorus: 90.59mg (9.06%), Vitamin C: 6.62mg (8.02%), Fiber: 1.86g (7.44%), Vitamin B12: 0.4µg (6.64%), Vitamin B3: 1.05mg (5.23%), Zinc: 0.68mg (4.53%), Vitamin B2: 0.07mg (4.25%), Vitamin E: 0.58mg (3.88%), Vitamin B6: 0.08mg (3.87%), Vitamin B5: 0.27mg (2.69%), Potassium: 91.26mg (2.61%), Magnesium: 9.65mg (2.41%), Manganese: 0.04mg (2.23%), Iron: 0.37mg (2.04%), Copper: 0.04mg (1.98%)