



Garden Vegetable and Ham Salad

READY IN



30 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz shells uncooked
- ☐ 2 cups finely-chopped ham cooked chopped
- ☐ 2 cups cucumber unpeeled chopped
- ☐ 1 cup carrots finely chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup spring onion finely chopped (8 medium)
- ☐ 1.5 cups salad dressing
- ☐ 0.5 cup milk
- ☐ 0.3 cup dijon mustard

- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 teaspoon salt

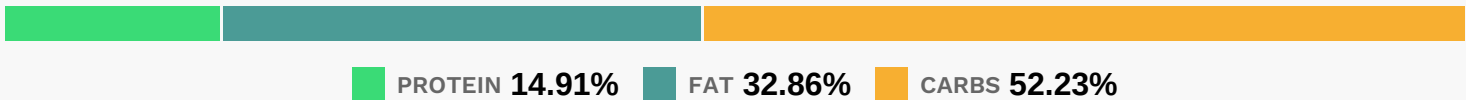
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta as directed on package.
- ☐ Drain; rinse with cold water to cool.
- ☐ Drain well.
- ☐ Meanwhile, in large bowl, mix remaining salad ingredients. In small bowl, mix all dressing ingredients until well blended.
- ☐ Add cooked pasta to salad.
- ☐ Pour dressing over salad; toss to coat.
- ☐ Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:15.98, Inflammation Score:-9, Nutrition Score:17.050869552985%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 360.81kcal (18.04%), Fat: 13.08g (20.13%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 43.82g (15.93%), Sugar: 8.68g (9.65%), Cholesterol: 22.45mg (7.48%), Sodium: 944mg (41.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.72%), Vitamin A: 3104.6IU (62.09%), Selenium: 40.86µg (58.37%), Vitamin K: 42.79µg (40.75%), Manganese: 0.58mg (29.2%), Vitamin C: 21.98mg (26.64%), Phosphorus: 224.05mg (22.41%), Vitamin B1: 0.26mg (17.06%), Vitamin B6: 0.26mg (12.79%), Magnesium:

48.33mg (12.08%), Fiber: 2.96g (11.85%), Copper: 0.23mg (11.38%), Potassium: 395.65mg (11.3%), Vitamin B3: 2.26mg (11.3%), Zinc: 1.62mg (10.78%), Vitamin B2: 0.15mg (9.06%), Vitamin E: 1.35mg (9.01%), Vitamin B12: 0.48µg (8.01%), Iron: 1.38mg (7.69%), Vitamin B5: 0.7mg (6.99%), Folate: 26.45µg (6.61%), Calcium: 56.84mg (5.68%), Vitamin D: 0.17µg (1.12%)