



Green Bean, New Potato & Ham Salad

 Gluten Free

READY IN



76 min.

SERVINGS



16

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb green beans fresh trimmed halved
- 4 green onions chopped
- 2 cups ham cubes
- 0.8 cup miracle whip free dressing
- 3 lb new potatoes quartered
- 0.3 cup grey poupon spicy brown mustard hearty
- 0.7 cup water cold
- 2 Tbsp heinz red wine vinegar

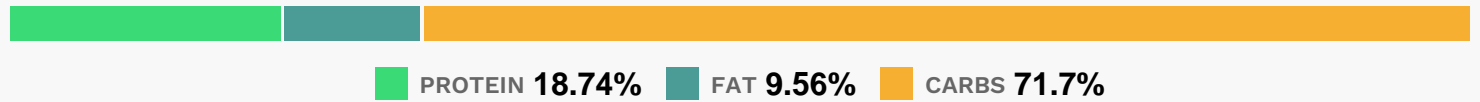
Equipment

- whisk
- microwave

Directions

- Microwave potatoes and water in large covered microwaveable casserole on HIGH 13 min. Stir in beans. Microwave, covered, 7 to 13 min. or just until potatoes are tender; drain. Cool.
- Whisk dressing, mustard and vinegar until blended.
- Add to potato mixture along with ham and onions; mix lightly.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:11.5, Inflammation Score:-4, Nutrition Score:7.0508695581685%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 104.06kcal (5.2%), Fat: 1.15g (1.77%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 16.28g (5.92%), Sugar: 3.22g (3.57%), Cholesterol: 8.71mg (2.9%), Sodium: 344.94mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 20.81mg (25.22%), Vitamin K: 20.09µg (19.14%), Vitamin B6: 0.3mg (14.81%), Fiber: 3.16g (12.66%), Potassium: 440.52mg (12.59%), Manganese: 0.22mg (10.93%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.1mg (6.85%), Phosphorus: 66.71mg (6.67%), Iron: 1.2mg (6.65%), Folate: 25.25µg (6.31%), Copper: 0.12mg (5.98%), Vitamin B3: 1.15mg (5.75%), Vitamin A: 239.15IU (4.78%), Vitamin B2: 0.06mg (3.68%), Vitamin B5: 0.33mg (3.33%), Selenium: 2.21µg (3.15%), Calcium: 27.25mg (2.72%), Zinc: 0.36mg (2.41%), Vitamin E: 0.16mg (1.06%)