



WHATSheATE



HEALTH SCORE

61%

Ham-and-Cheese Noodle Salad



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounces cheddar cheese cut into sticks
- ☐ 2 ounces deli- ham cut into strips
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 bell pepper green thinly sliced
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons yogurt plain low-fat
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 small head romaine lettuce thinly sliced
- ☐ 2 scallions thinly sliced
- ☐ 12 ounces multigrain spaghetti

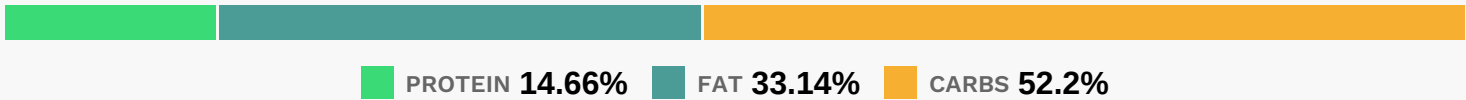
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the spaghetti and cook as the label directs.
- ☐ Drain and rinse under cold water until cool.
- ☐ Whisk the vinegar, yogurt, mustard, scallions, dill, 1/2 teaspoon salt, and pepper to taste in a large bowl.
- ☐ Drizzle in the olive oil, whisking to combine.
- ☐ Add the spaghetti, bell pepper, ham, cheese and romaine; toss to combine.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:25.82, Inflammation Score:-10, Nutrition Score:27.6613041007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 532.06kcal (26.6%), Fat: 19.52g (30.03%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 69.18g (23.06%), Net Carbohydrates: 64.02g (23.28%), Sugar: 4.84g (5.38%), Cholesterol: 23.56mg (7.85%), Sodium: 503.65mg (21.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Vitamin A: 7142.64IU (142.85%), Vitamin K: 101.8µg (96.95%), Selenium: 62.51µg (89.31%), Manganese: 0.98mg (49.05%), Vitamin C: 28.41mg (34.43%), Folate: 133.39µg (33.35%), Phosphorus: 305.87mg (30.59%), Fiber: 5.16g (20.65%), Magnesium: 70.31mg (17.58%), Calcium: 173.61mg (17.36%), Vitamin B1: 0.25mg (16.78%), Copper: 0.33mg (16.52%), Zinc: 2.4mg (16.01%), Vitamin B6: 0.32mg (15.99%), Potassium: 536.76mg (15.34%), Vitamin B2: 0.23mg (13.76%), Vitamin E: 2.02mg (13.47%), Iron: 2.38mg (13.2%), Vitamin B3: 2.53mg (12.66%), Vitamin B5: 0.7mg (7.03%), Vitamin B12: 0.3µg (4.95%), Vitamin D: 0.18µg (1.23%)