



Ham and Cheese Pasta Salad

READY IN



265 min.

SERVINGS



16

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stalk celery thinly sliced
- ☐ 8 ounces cheddar cheese cut into 1-inch cubes
- ☐ 8 ounces ham cooked cut into 1-inch cubes
- ☐ 16 ounce farfalle pasta bow-tie
- ☐ 16 servings salt and ground pepper black to taste
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon milk to taste
- ☐ 0.5 cup onion minced
- ☐ 1 cup peas frozen thawed

- ☐ 2 tablespoons pimento diced
- ☐ 0.3 cup relish sweet

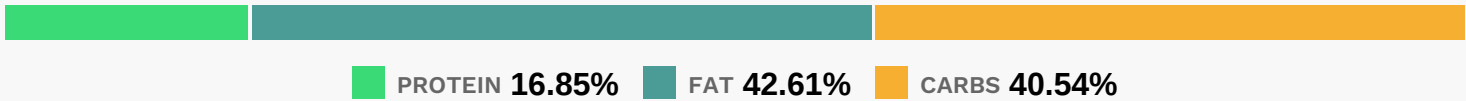
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Whisk mayonnaise, pickle relish, and milk in a bowl until combined; season with salt and black pepper. Chill in refrigerator while preparing remaining ingredients.
- ☐ Bring a large pot of lightly salted water to a boil. Cook bow-tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes; drain and transfer to a large bowl.
- ☐ Gently stir ham, Cheddar cheese, peas, onion, celery, and pimento into pasta.
- ☐ Pour mayonnaise mixture over pasta mixture and toss to evenly coat.
- ☐ Cover the bowl with plastic wrap and refrigerate 4 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:9.15, Inflammation Score:-4, Nutrition Score:8.7026086786519%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 247.74kcal (12.39%), Fat: 11.67g (17.95%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 23.31g (8.48%), Sugar: 2.82g (3.14%), Cholesterol: 27.57mg (9.19%), Sodium: 336.97mg (14.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Selenium: 25.12µg (35.89%), Phosphorus: 175.23mg (17.52%), Vitamin K: 18.34µg (17.47%), Manganese: 0.33mg (16.49%), Calcium: 113.84mg (11.38%), Vitamin C: 9.36mg (11.35%), Zinc: 1.39mg (9.24%), Vitamin B1: 0.13mg (8.89%), Vitamin B2: 0.13mg (7.85%), Fiber: 1.66g (6.64%), Magnesium: 26.27mg (6.57%), Vitamin A: 325.71IU (6.51%), Copper: 0.13mg (6.43%), Vitamin B3: 1.22mg (6.11%), Vitamin B12: 0.36µg (6.06%), Vitamin B6: 0.12mg (5.82%), Potassium: 158.59mg (4.53%), Iron: 0.76mg (4.2%), Folate: 16.78µg (4.2%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.43mg (2.84%)