



Ham and Macaroni Picnic Salad

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz elbow macaroni uncooked
- 1 cup finely-chopped ham diced cooked
- 1 cup celery sliced
- 0.5 cup spring onion chopped
- 0.3 cup pickle relish sweet
- 2 oz pimientos diced drained
- 4 hardboiled eggs chopped
- 1 cup salad dressing

- 2 tablespoons mustard yellow
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

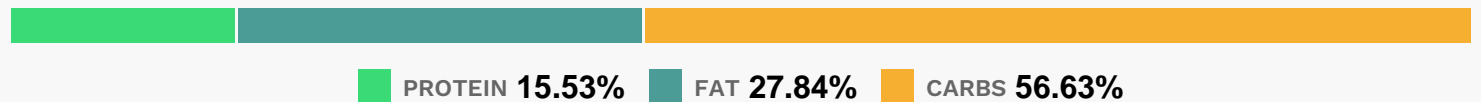
Equipment

- bowl

Directions

- Cook and drain macaroni as directed on package. Rinse with cold water to cool; drain well.
- In large bowl, mix cooked macaroni, ham, celery, onions, pickle relish and pimientos.
- In small bowl, mix all dressing ingredients until well blended.
- Add to salad; mix well. Gently stir in hard-cooked eggs.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:9.4004347635352%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 239.2kcal (11.96%), Fat: 7.34g (11.29%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 31.85g (11.58%), Sugar: 5.2g (5.78%), Cholesterol: 69.04mg (23.01%), Sodium: 500.16mg (21.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.42%), Selenium: 32.2µg (46%), Vitamin K: 27.01µg (25.72%), Manganese: 0.4mg (19.89%), Phosphorus: 138.58mg (13.86%), Vitamin C: 8.29mg (10.05%), Vitamin B2: 0.15mg (8.56%), Vitamin A: 362.67IU (7.25%), Vitamin B1: 0.11mg (7.24%), Copper: 0.14mg (7.1%), Magnesium: 28.28mg (7.07%), Fiber: 1.74g (6.94%), Vitamin B6: 0.13mg (6.71%), Zinc: 0.99mg (6.62%), Iron: 1.09mg (6.03%), Vitamin B3: 1.12mg (5.62%), Potassium: 196.31mg (5.61%), Vitamin B12: 0.32µg (5.3%), Folate: 20.68µg (5.17%), Vitamin E: 0.77mg (5.11%), Vitamin B5: 0.51mg (5.11%), Calcium: 28.05mg (2.81%), Vitamin D: 0.37µg (2.44%)