



## Ham and Shell Salad

READY IN



80 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup cheddar cheese diced
- 0.3 pound deli ham diced
- 1 tablespoon juice of lemon
- 3 tablespoons mayonnaise
- 0.3 cup onion chopped
- 8 ounce shells
- 10 ounce peas frozen thawed
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

2 tablespoons vegetable oil

## Equipment

bowl

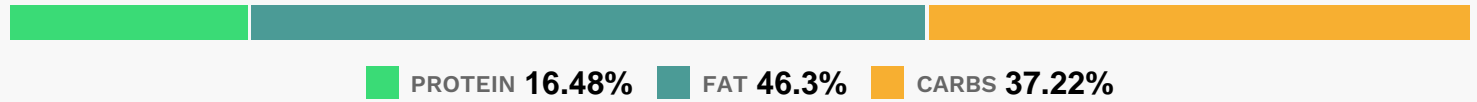
pot

## Directions

Fill a pot with lightly-salted water and bring to a boil. Stir in the shell pasta and cook until the pasta is tender but firm to the bite, about 11 minutes; drain.

Stir the peas, ham, Cheddar cheese, onion, mayonnaise, vegetable oil, lemon juice, salt, and pepper in a large bowl; add the cooked pasta and stir to coat. Cover and refrigerate 1 hour, or until completely chilled, before serving.

## Nutrition Facts



## Properties

Glycemic Index:37.06, Glycemic Load:13.46, Inflammation Score:-6, Nutrition Score:14.710869561071%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 392.37kcal (19.62%), Fat: 20.12g (30.95%), Saturated Fat: 6.4g (40%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 32.33g (11.76%), Sugar: 4.14g (4.6%), Cholesterol: 33.49mg (11.16%), Sodium: 590.69mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.23%), Selenium: 34.56µg (49.37%), Vitamin K: 32.12µg (30.59%), Manganese: 0.57mg (28.27%), Phosphorus: 252.91mg (25.29%), Vitamin C: 20.36mg (24.68%), Vitamin B1: 0.28mg (18.88%), Fiber: 4.04g (16.18%), Calcium: 156.96mg (15.7%), Zinc: 2.27mg (15.15%), Vitamin B2: 0.21mg (12.56%), Vitamin B3: 2.49mg (12.47%), Vitamin B6: 0.23mg (11.41%), Magnesium: 45.34mg (11.33%), Vitamin A: 555.46IU (11.11%), Folate: 44.17µg (11.04%), Copper: 0.22mg (10.99%), Potassium: 282.99mg (8.09%), Iron: 1.42mg (7.9%), Vitamin E: 0.92mg (6.12%), Vitamin B12: 0.33µg (5.48%), Vitamin B5: 0.4mg (4.01%), Vitamin D: 0.26µg (1.73%)