



Ham and Smoked Gouda Salad

READY IN



25 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup celery stalks sliced
- ☐ 2 cups finely-chopped ham cubed fully cooked
- ☐ 2 tablespoons dijon mustard
- ☐ 5 ounces gouda cheese smoked cubed
- ☐ 3 tablespoons honey
- ☐ 6 ounces rotini pasta uncooked
- ☐ 0.3 cup salad dressing

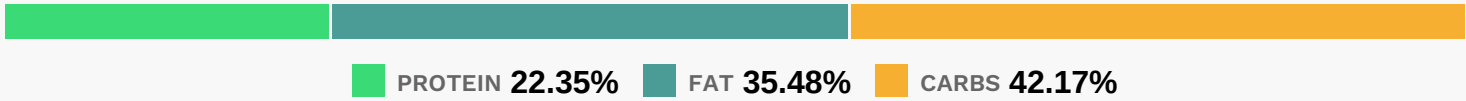
Equipment

☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Mix mayonnaise, honey and mustard in small bowl.
- ☐ Place pasta, ham, celery and cheese in large bowl.
- ☐ Add mayonnaise mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:46.32, Glycemic Load:19.85, Inflammation Score:-4, Nutrition Score:16.743043469346%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 458.46kcal (22.92%), Fat: 18.04g (27.76%), Saturated Fat: 7.78g (48.6%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 46.24g (16.81%), Sugar: 16.8g (18.67%), Cholesterol: 81.64mg (27.21%), Sodium: 1189.48mg (51.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Selenium: 46.25µg (66.07%), Phosphorus: 454.31mg (45.43%), Calcium: 275.53mg (27.55%), Vitamin B1: 0.37mg (24.63%), Manganese: 0.49mg (24.42%), Zinc: 3.36mg (22.39%), Vitamin B12: 1.34µg (22.37%), Vitamin B2: 0.3mg (17.65%), Vitamin C: 13.92mg (16.87%), Vitamin B3: 2.89mg (14.47%), Vitamin K: 14.74µg (14.04%), Vitamin B6: 0.27mg (13.29%), Magnesium: 51.41mg (12.85%), Copper: 0.22mg (11.04%), Potassium: 377.49mg (10.79%), Vitamin B5: 0.88mg (8.77%), Fiber: 2.02g (8.07%), Iron: 1.38mg (7.66%), Folate: 24.45µg (6.11%), Vitamin A: 295.15IU (5.9%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.18µg (1.18%)