



Ham, Garden Vegetable and Spring Mix Salad with Swiss Cheese

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound dole® asparagus cooked cut into 2-inch pieces
- ☐ 0.3 teaspoon pepper black
- ☐ 4 medium brown mushrooms white sliced
- ☐ 0.3 cup canola oil
- ☐ 8 ounce dole® extra with garden vegetables
- ☐ 1 clove garlic minced
- ☐ 3 servings salt and ground pepper black to taste

- ☐ 1 tablespoon mayonnaise
- ☐ 2 teaspoons mustard dijon-style
- ☐ 0.3 cup dole onion red thinly sliced
- ☐ 1 teaspoon oregano dried crushed
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sherry wine vinegar
- ☐ 2 slices swiss cheese cut into thin strips
- ☐ 4 ounces turkey cut into thin strips

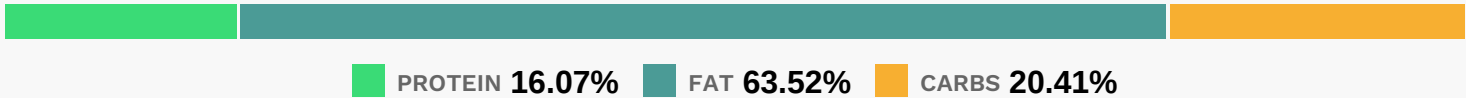
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine salad blend, vegetables from pouch, ham, cheese, asparagus, mushrooms and onion in large bowl. Toss with Cream Dijon Dressing, to taste. Season with salt and pepper, to taste.
- ☐ Whisk together 3 tablespoons Sherry wine vinegar, 2 teaspoons Dijon-style mustard, 1 clove garlic, minced, 1 teaspoon dried oregano crushed, 1/2 teaspoon salt and 1/4 teaspoon black pepper in small bowl. Slowly whisk 1/4 cup canola oil and 1 tablespoon mayonnaise, until blended. Makes 1/2 cup.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:27.893043445504%

Flavonoids

Isorhamnetin: 9.51mg, Isorhamnetin: 9.51mg, Isorhamnetin: 9.51mg, Isorhamnetin: 9.51mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg

Nutrients (% of daily need)

Calories: 379.54kcal (18.98%), Fat: 27.96g (43.01%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 20.22g (6.74%), Net Carbohydrates: 13.04g (4.74%), Sugar: 4.18g (4.65%), Cholesterol: 31.82mg (10.61%), Sodium: 547.36mg (23.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Vitamin A: 5109.7IU (102.19%), Vitamin K: 88.69µg (84.47%), Vitamin E: 5.36mg (35.76%), Selenium: 21.36µg (30.51%), Vitamin B2: 0.51mg (29.71%), Manganese: 0.59mg (29.7%), Folate: 115.61µg (28.9%), Fiber: 7.18g (28.71%), Phosphorus: 283.27mg (28.33%), Vitamin B3: 5.57mg (27.87%), Copper: 0.54mg (26.91%), Iron: 4.77mg (26.47%), Vitamin B1: 0.37mg (24.42%), Vitamin B6: 0.45mg (22.62%), Vitamin C: 18.06mg (21.89%), Potassium: 707.09mg (20.2%), Calcium: 185.15mg (18.51%), Zinc: 2.52mg (16.8%), Magnesium: 58.7mg (14.68%), Vitamin B5: 1.26mg (12.6%), Vitamin B12: 0.7µg (11.7%)