



Ham & horseradish salad

 Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tbsp greek yogurt
- ☐ 2 tsp creamed horseradish
- ☐ 500 g regular is boiled fine
- ☐ 1 small bunch chives snipped
- ☐ 6 slices ham (use your favourite)
- ☐ 130 g herb salad
- ☐ 250 g pack of beetroot cooked quartered

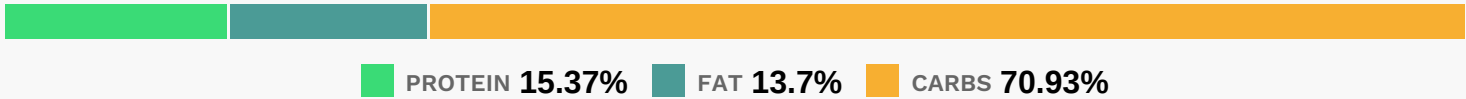
Equipment

☐ bowl

Directions

- ☐ Mix the soured cream or yogurt and creamed horseradish with 2 tbsp water to make a dressing the thickness of single cream.
- ☐ Mix the rest of the ingredients together on a platter or in a bowl, then drizzle with the dressing before you serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:50.720434437627%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 573.75kcal (28.69%), Fat: 9.49g (14.6%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 110.51g (36.84%), Net Carbohydrates: 93.4g (33.96%), Sugar: 17.69g (19.65%), Cholesterol: 26.6mg (8.87%), Sodium: 1282.82mg (55.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.89%), Folate: 1148.42µg (287.11%), Manganese: 5.17mg (258.48%), Iron: 39.35mg (218.64%), Zinc: 15.35mg (102.32%), Vitamin B1: 1.28mg (85.67%), Vitamin B6: 1.56mg (78.14%), Vitamin B3: 15.55mg (77.75%), Vitamin B2: 1.29mg (76.03%), Vitamin B12: 4.35µg (72.46%), Fiber: 17.11g (68.43%), Phosphorus: 542.96mg (54.3%), Vitamin A: 1763.85IU (35.28%), Vitamin C: 27.81mg (33.7%), Magnesium: 134.51mg (33.63%), Copper: 0.6mg (29.96%), Calcium: 298.22mg (29.82%), Selenium: 17.54µg (25.06%), Potassium: 865.37mg (24.72%), Vitamin D: 2.92µg (19.46%), Vitamin B5: 1.1mg (10.98%), Vitamin E: 1.03mg (6.86%), Vitamin K: 4.54µg (4.32%)