



## Ham & Pineapple Ranch Salad

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

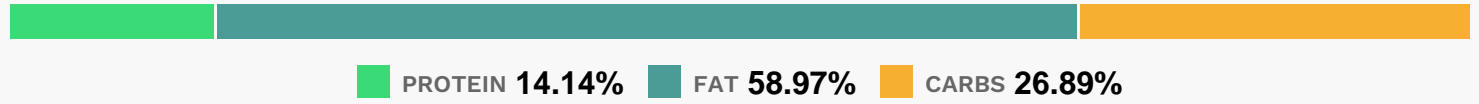
- 1 cup asparagus spear tips fresh
- 0.5 cup chow mein noodles
- 0.5 lb ham cut into julienne strips
- 8 oz pineapple chunks drained canned
- 8 oz ranch dressing fat free kraft
- 10 oz salad greens

### Equipment

## Directions

- Arrange ham, pineapple and asparagus over greens on serving plates.
- Serve with dressing.
- Sprinkle with noodles.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:4.6608695698821%

## Flavonoids

Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 143.8kcal (7.19%), Fat: 9.45g (14.53%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.89g (3.23%), Sugar: 3.17g (3.53%), Cholesterol: 13.31mg (4.44%), Sodium: 370.23mg (16.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin K: 24.08µg (22.94%), Vitamin B1: 0.13mg (8.47%), Vitamin C: 6.31mg (7.64%), Phosphorus: 73.55mg (7.36%), Selenium: 4.3µg (6.15%), Vitamin A: 295.54IU (5.91%), Vitamin B6: 0.1mg (4.83%), Vitamin B3: 0.92mg (4.58%), Iron: 0.78mg (4.35%), Vitamin B2: 0.07mg (4.22%), Potassium: 122.22mg (3.49%), Folate: 13.45µg (3.36%), Vitamin E: 0.49mg (3.29%), Fiber: 0.81g (3.23%), Zinc: 0.48mg (3.2%), Copper: 0.06mg (2.9%), Manganese: 0.05mg (2.52%), Vitamin B5: 0.24mg (2.37%), Magnesium: 9.23mg (2.31%), Vitamin B12: 0.12µg (2.04%), Calcium: 12.31mg (1.23%)