



Ham Salad



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



3

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound ground ham diced finely
- ☐ 3 hardboiled eggs chopped
- ☐ 0.3 cup relish sweet
- ☐ 0.3 cup mayonnaise
- ☐ 2 Tbsp green onion minced
- ☐ 2 Tbsp celery minced
- ☐ 2 Tbsp bell pepper red minced
- ☐ 1 Tbsp parsley fresh chopped

- ☐ 2 teaspoons dijon mustard
- ☐ 1 Tbsp juice of lemon
- ☐ 3 servings salt and pepper black to taste

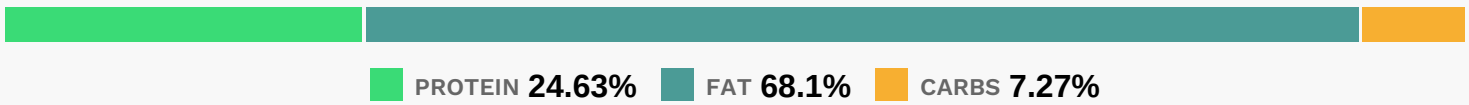
Equipment

- ☐ bowl

Directions

- ☐ Mix everything but the salt, pepper and cayenne in a large bowl. Taste and add cayenne, salt and black pepper to taste.
- ☐ Serve chilled.
- ☐ Serve straight, or mixed in with macaroni, or in a sandwich in a hamburger bun, slider roll, Kaiser roll, regular bread, in a pita or as a wrap. Good with lemonade on a hot day.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:20.736521720886%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 513.71kcal (25.69%), Fat: 38.55g (59.31%), Saturated Fat: 10.63g (66.43%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.51g (3.1%), Sugar: 7.21g (8.01%), Cholesterol: 264.65mg (88.22%), Sodium: 1928.25mg (83.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.74%), Vitamin K: 78.56µg (74.82%), Selenium: 42.76µg (61.09%), Vitamin B1: 0.73mg (48.77%), Phosphorus: 344.48mg (34.45%), Vitamin B2: 0.53mg (31.35%), Vitamin B3: 5.28mg (26.38%), Vitamin B6: 0.53mg (26.29%), Zinc: 3.29mg (21.92%), Vitamin B12: 1.3µg (21.72%), Vitamin A: 886.63IU (17.73%), Vitamin C: 12.68mg (15.37%), Vitamin B5: 1.31mg (13.07%), Vitamin D: 1.93µg

(12.87%), Potassium: 450.49mg (12.87%), Vitamin E: 1.82mg (12.11%), Iron: 2.03mg (11.29%), Folate: 36.91µg (9.23%), Magnesium: 32.39mg (8.1%), Copper: 0.13mg (6.65%), Calcium: 44.63mg (4.46%), Manganese: 0.07mg (3.44%), Fiber: 0.74g (2.96%)