



Ham Waldorf Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings arugula fresh
- ☐ 1 cup celery diced
- ☐ 3 cups finely-chopped ham cooked chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 large gala apple diced
- ☐ 2 spring onion chopped
- ☐ 3 tablespoons dijon honey mustard
- ☐ 0.5 cup mayonnaise

- ☐ 1 halves wholewheat pita breads mini
- ☐ 1 cup grapes red seedless halved
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup walnuts toasted chopped

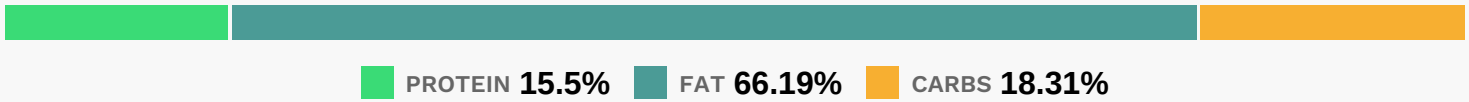
Equipment

- ☐ bowl

Directions

- ☐ Stir together ham, grapes, apple, celery, walnuts, mayonnaise, parsley, honey mustard, green onions, and salt and pepper to taste in a large bowl.
- ☐ Serve in mini pita halves with fresh arugula.

Nutrition Facts



Properties

Glycemic Index:62.17, Glycemic Load:3.84, Inflammation Score:-6, Nutrition Score:14.751304460608%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 333.65kcal (16.68%), Fat: 24.84g (38.22%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 13.11g (4.77%), Sugar: 10.16g (11.29%), Cholesterol: 49.08mg (16.36%), Sodium: 1021.91mg (44.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.17%), Vitamin K: 81.16µg (77.3%), Vitamin C:

20.35mg (24.67%), Vitamin B1: 0.37mg (24.66%), Manganese: 0.45mg (22.54%), Phosphorus: 223.41mg (22.34%), Selenium: 12.24µg (17.49%), Copper: 0.28mg (14.21%), Vitamin B12: 0.82µg (13.65%), Vitamin B6: 0.26mg (12.94%), Vitamin B2: 0.2mg (11.93%), Vitamin B3: 2.32mg (11.62%), Zinc: 1.72mg (11.48%), Potassium: 392.67mg (11.22%), Vitamin A: 515.84IU (10.32%), Magnesium: 39.14mg (9.79%), Fiber: 2.35g (9.41%), Folate: 34.19µg (8.55%), Vitamin B5: 0.71mg (7.1%), Iron: 1.26mg (7.02%), Vitamin E: 0.92mg (6.1%), Calcium: 46.9mg (4.69%)