



## Hot Ham Salad

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**667 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 11 ounces mandarin oranges drained canned
- 3 cups finely-chopped ham cubed fully cooked
- 0.3 cup bell pepper green chopped
- 1 cup mayonnaise
- 0.8 cup dole pineapple tidbits
- 0.3 cup bell pepper sweet red chopped
- 0.3 cup mozzarella cheese shredded
- 0.5 cup slivered almonds

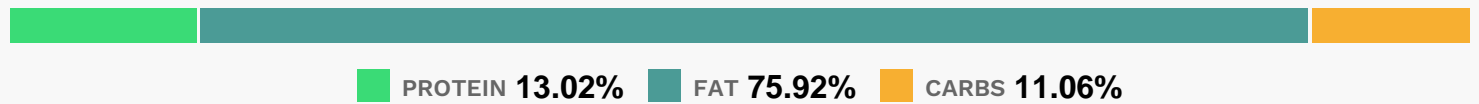
# Equipment

- bowl
- oven
- baking pan

# Directions

- In a bowl, combine the first six ingredients. Gently fold in the oranges.
- Transfer to a greased 1-1/2-qt. baking dish.
- Sprinkle with almonds.
- Bake, uncovered, at 350° for 30 minutes or until heated through.

# Nutrition Facts



# Properties

Glycemic Index:32.25, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:24.935217699279%

# Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

# Nutrients (% of daily need)

Calories: 666.77kcal (33.34%), Fat: 56.77g (87.34%), Saturated Fat: 9.44g (59.03%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 15.07g (5.48%), Sugar: 14.35g (15.95%), Cholesterol: 90.92mg (30.31%), Sodium: 1383.48mg (60.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Vitamin K: 92.9µg (88.47%), Vitamin C: 69.75mg (84.55%), Vitamin B1: 0.61mg (40.58%), Vitamin E: 5.61mg (37.42%), Phosphorus: 364.91mg (36.49%), Vitamin A: 1454.92IU (29.1%), Selenium: 20.31µg (29.02%), Vitamin B2: 0.43mg (25.3%), Vitamin B12: 1.42µg (23.7%), Zinc: 3.09mg (20.62%), Vitamin B3: 4.12mg (20.58%), Manganese: 0.38mg (18.81%), Magnesium: 73.49mg (18.37%),

Vitamin B6: 0.36mg (17.86%), Copper: 0.33mg (16.71%), Potassium: 550.6mg (15.73%), Fiber: 3.55g (14.21%), Calcium: 99.27mg (9.93%), Iron: 1.78mg (9.87%), Vitamin B5: 0.95mg (9.48%), Folate: 23.1µg (5.78%)