



Italian Ham and Pasta Salad

READY IN



390 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz broccoli frozen
- 7 oz farfalle pasta uncooked (farfalle)
- 1 lb finely-chopped ham cooked cut into julienne strips
- 2 tablespoons onion finely chopped
- 0.3 cup parmesan cheese grated
- 0.3 cup vegetable oil
- 2 tablespoons parsley fresh chopped
- 1 tablespoon basil dried fresh chopped
- 1 teaspoon oregano dried fresh chopped

- 1 teaspoon marjoram dried fresh chopped
- 1 teaspoon ground mustard
- 0.1 teaspoon pepper
- 2 tablespoons juice of lemon
- 2 tablespoons vinegar white
- 1 clove garlic finely chopped

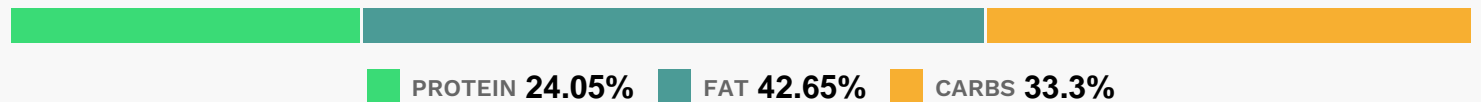
Equipment

- bowl

Directions

- Cook broccoli and pasta separately as directed on packages; drain. Rinse pasta with cold water; drain.
- In large bowl, mix all dressing ingredients until well blended.
- Add broccoli, pasta and all remaining salad ingredients to dressing; toss gently to mix. Cover and refrigerate at least 6 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:10.62, Inflammation Score:-7, Nutrition Score:22.204347968749%

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: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 356.54kcal (17.83%), Fat: 16.86g (25.94%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 26.88g (9.78%), Sugar: 1.94g (2.16%), Cholesterol: 58.81mg (19.6%), Sodium: 963.88mg (41.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.78%), Vitamin K: 95.76µg (91.2%), Vitamin C: 59.7mg (72.37%), Selenium: 39.25µg (56.06%), Phosphorus: 346.06mg (34.61%), Vitamin B1: 0.47mg (31.37%), Manganese: 0.55mg (27.32%), Vitamin B12: 1.12µg (18.7%), Vitamin B3: 3.62mg (18.09%), Zinc: 2.61mg (17.42%), Vitamin B6: 0.35mg (17.3%), Vitamin B2: 0.28mg (16.36%), Potassium: 472.75mg (13.51%), Magnesium: 52.27mg (13.07%), Iron: 2.28mg (12.65%), Copper: 0.23mg (11.46%), Fiber: 2.74g (10.96%), Vitamin B5: 1.09mg (10.91%), Folate: 42.39µg (10.6%), Calcium: 94.09mg (9.41%), Vitamin E: 1.3mg (8.67%), Vitamin A: 426.01IU (8.52%)