



## Kelly's Ham Jell-O® Salad

 Gluten Free  Dairy Free

READY IN



290 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup cabbage finely chopped
- 0.5 cup celery chopped
- 1 cup ham cooked chopped
- 3 ounce gelatin mix lemon-flavored (such as Jell-O®)
- 0.5 cup mayonnaise
- 8 ounce pineapple in juice crushed drained canned
- 2 teaspoons spicy brown mustard to taste
- 1 cup water boiling

1.5 tablespoons citrus champagne vinegar

## Equipment

bowl

whisk

measuring cup

## Directions

Dissolve lemon gelatin in boiling water in a large bowl.

Pour reserved pineapple juice and white wine vinegar into a measuring cup; add enough cold water to equal 1 cup. Stir water-juice mixture into gelatin mixture; refrigerate until cold and beginning to set, about 30 minutes.

Stir mayonnaise and spicy brown mustard together in a bowl; whisk mayonnaise mixture into cooled lemon gelatin mixture until smooth. Gently fold cabbage, celery, ham, and reserved pineapple into gelatin.

Transfer mixture into a ring-shaped gelatin mold.

Chill in refrigerator until firmly set, about 4 hours. To serve, dip gelatin mold into hot water to loosen the sides; place a plate on top of the mold, invert, and gently lift the mold from the salad.

## Nutrition Facts

**PROTEIN 8.83%** **FAT 58.14%** **CARBS 33.03%**

## Properties

Glycemic Index:19.75, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:4.5513043896012%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 178.13kcal (8.91%), Fat: 11.64g (17.91%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 14.14g (5.14%), Sugar: 13.65g (15.17%), Cholesterol: 16.19mg (5.4%), Sodium: 323.95mg (14.08%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.98g (7.96%), Vitamin K: 31.54µg (30.04%), Vitamin C: 9.37mg (11.36%), Vitamin B1: 0.11mg (7.63%), Phosphorus: 66.52mg (6.65%), Selenium: 4.42µg (6.32%), Vitamin B6: 0.08mg (3.75%), Vitamin B12: 0.22µg (3.6%), Copper: 0.07mg (3.57%), Vitamin E: 0.5mg (3.33%), Potassium: 112.65mg (3.22%), Vitamin B2: 0.05mg (3.21%), Vitamin B3: 0.63mg (3.16%), Fiber: 0.74g (2.97%), Zinc: 0.4mg (2.67%), Magnesium: 10.32mg (2.58%), Folate: 8.98µg (2.25%), Vitamin B5: 0.19mg (1.87%), Iron: 0.33mg (1.83%), Manganese: 0.04mg (1.79%), Calcium: 14.69mg (1.47%), Vitamin A: 61.08IU (1.22%)