



Layered Ham Salad

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz the salad mixed
- ☐ 2 cups plum tomatoes chopped (Roma)
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 2 cups finely-chopped ham cubed cooked ()
- ☐ 0.3 cup onion red chopped
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 cup salad dressing
- ☐ 0.3 cup cheddar cheese

☐ 2 tablespoons honey

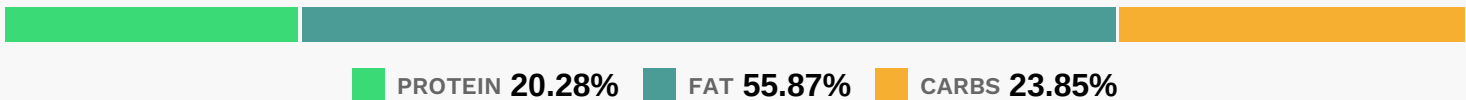
Equipment

- ☐ bowl
- ☐ glass baking pan

Directions

- ☐ In 5-quart glass salad bowl or 13x9-inch (3-quart) glass baking dish, spread salad greens.
- ☐ Layer remaining salad ingredients except cheese over greens.
- ☐ In small bowl, mix dressing ingredients.
- ☐ Spread dressing evenly over salad.
- ☐ Sprinkle cheese over dressing. Cover; refrigerate up to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:11.908695542294%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 289.74kcal (14.49%), Fat: 18.13g (27.9%), Saturated Fat: 6.87g (42.93%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.62g (6.04%), Sugar: 9.64g (10.71%), Cholesterol: 50.88mg (16.96%), Sodium: 887.43mg (38.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin C: 24.08mg (29.19%), Phosphorus: 272.05mg (27.21%), Calcium: 228.17mg (22.82%), Vitamin A: 1115.82IU (22.32%), Vitamin K: 21.94µg (20.89%), Selenium: 11.17µg (15.95%), Vitamin B1: 0.2mg (13.57%), Vitamin B12: 0.79µg (13.17%), Zinc: 1.91mg (12.76%), Vitamin B2: 0.21mg (12.16%), Potassium: 387.51mg (11.07%), Folate: 39.33µg (9.83%), Vitamin B3: 1.94mg (9.7%), Vitamin B6: 0.19mg (9.67%), Manganese: 0.18mg (9.07%), Magnesium: 30.66mg (7.67%), Vitamin E: 1.04mg (6.96%), Copper: 0.11mg (5.71%), Iron: 1.01mg (5.59%), Vitamin B5: 0.43mg (4.31%), Fiber: 0.81g (3.22%), Vitamin D: 0.16µg (1.06%)