



Macaroni-Ham Salad

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons cajun spice
- ☐ 1 cup finely-chopped ham cooked chopped
- ☐ 1 cucumber diced peeled seeded
- ☐ 3 cups elbow macaroni uncooked
- ☐ 1 small bell pepper diced green
- ☐ 2 teaspoons juice of lemon
- ☐ 1.3 cups mayonnaise
- ☐ 1 small bell pepper diced red

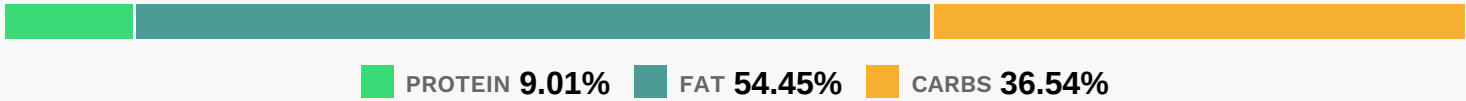
- ☐ 10 servings salt to taste
- ☐ 1 tomatoes diced seeded
- ☐ 1 small bell pepper diced yellow

Equipment

Directions

- ☐ Prepare macaroni according to package directions.
- ☐ Drain and rinse with cold water until cool.
- ☐ Combine macaroni and next 9 ingredients until blended.
- ☐ Add salt. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:12.079130509625%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 375.34kcal (18.77%), Fat: 22.6g (34.77%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 31.98g (11.63%), Sugar: 2.56g (2.85%), Cholesterol: 20.01mg (6.67%), Sodium: 506.72mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.83%), Vitamin K: 49.96µg (47.59%), Selenium: 29.51µg (42.15%), Vitamin C: 34.67mg (42.02%), Manganese: 0.46mg (22.98%), Phosphorus: 133.71mg (13.37%), Vitamin A: 563.96IU (11.28%), Copper: 0.18mg (9.23%), Vitamin B6: 0.17mg (8.67%), Fiber: 2.16g (8.63%), Vitamin E: 1.27mg (8.49%), Vitamin B1: 0.13mg (8.39%), Magnesium: 32.98mg (8.25%), Potassium: 253.13mg (7.23%), Vitamin B3: 1.4mg (7.02%), Zinc: 1.01mg (6.75%), Folate: 21.76µg (5.44%), Iron: 0.96mg (5.32%), Vitamin B2: 0.08mg (4.78%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.19µg (3.22%), Calcium: 20.11mg (2.01%)