



Macaroni, Pineapple, and Ham Salad

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce pineapple crushed drained canned
- ☐ 2 stalks celery diced
- ☐ 8 ounce ham steak cut into cubes
- ☐ 2 hardboiled eggs chopped
- ☐ 0.5 onion diced
- ☐ 2 plum tomatoes diced
- ☐ 1 cup salad dressing italian-style
- ☐ 16 ounce elbow macaroni whole wheat

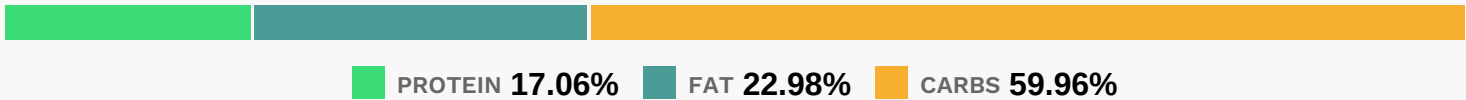
Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes; drain.
- ☐ Transfer hot macaroni to a large bowl.
- ☐ Pour Italian-style salad dressing and crushed pineapple over the macaroni; stir.
- ☐ Add ham, celery, tomatoes, eggs, and onion; stir.
- ☐ Cover bowl with plastic wrap and refrigerate until chilled, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:19.88434758912%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 362.73kcal (18.14%), Fat: 9.64g (14.83%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 56.6g (18.87%), Net Carbohydrates: 55.4g (20.15%), Sugar: 12.23g (13.59%), Cholesterol: 59.38mg (19.79%), Sodium: 681.1mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Manganese: 1.79mg (89.59%), Selenium: 50.52µg (72.18%), Vitamin B1: 0.59mg (39.1%), Phosphorus: 257.98mg (25.8%), Magnesium: 101.18mg (25.3%), Vitamin B3: 4.69mg (23.44%), Vitamin C: 17.55mg (21.27%), Vitamin K: 21.07µg (20.06%), Copper: 0.36mg (18.16%), Vitamin B6: 0.34mg (16.79%), Iron: 2.8mg (15.57%), Zinc: 2.18mg (14.51%), Vitamin B2: 0.22mg (13.19%), Folate: 49.02µg (12.25%),

Potassium: 397.54mg (11.36%), Vitamin B5: 0.96mg (9.55%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.9mg (5.97%), Vitamin A: 278.08IU (5.56%), Calcium: 50.09mg (5.01%), Fiber: 1.2g (4.8%), Vitamin D: 0.28µg (1.83%)