



## Pesto-Flavored Ham and Pasta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 0.8 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 5 ounces ham diced
- ☐ 4 ounces parmesan
- ☐ 1 pound soup noodles uncooked
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

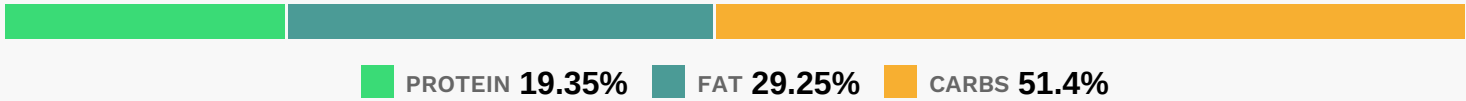
## Equipment

- ☐ bowl

## Directions

- ☐ Prepare pasta according to package directions, omitting salt and fat.
- ☐ Drain; place in a large bowl.
- ☐ Combine vinegar and next 6 ingredients (through garlic).
- ☐ Add cheese, ham, basil, and pine nuts to pasta; toss gently to combine.
- ☐ Drizzle with vinegar mixture; toss to coat. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:37.89, Glycemic Load:18.26, Inflammation Score:-4, Nutrition Score:12.664347897405%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 355.64kcal (17.78%), Fat: 11.42g (17.57%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 43.09g (15.67%), Sugar: 3.3g (3.66%), Cholesterol: 20.62mg (6.87%), Sodium: 594.11mg (25.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Selenium: 43.36µg (61.95%), Manganese: 0.95mg (47.61%), Phosphorus: 271.21mg (27.12%), Calcium: 187.97mg (18.8%), Magnesium: 52.69mg (13.17%), Zinc: 1.9mg (12.69%), Copper: 0.25mg (12.6%), Vitamin K: 12.73µg (12.13%), Vitamin B1: 0.18mg (12.08%), Vitamin B3: 2.01mg (10.03%), Vitamin B6: 0.17mg (8.68%), Fiber: 2.07g (8.29%), Vitamin B2: 0.13mg (7.82%), Iron: 1.39mg (7.74%), Potassium: 230.03mg (6.57%), Vitamin E: 0.72mg (4.78%), Vitamin B12: 0.28µg (4.72%), Vitamin A: 231.78IU (4.64%), Vitamin B5: 0.41mg (4.13%), Folate: 14.77µg (3.69%), Vitamin D: 0.19µg (1.3%)