



Potato Ham Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large carrots peeled
- ☐ 0.5 cup dill pickle cubes
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 8 ounce sandwich ham chopped
- ☐ 0.5 onion chopped
- ☐ 15 ounce peas sweet drained canned
- ☐ 0.5 cup ranch dressing
- ☐ 6 potatoes red

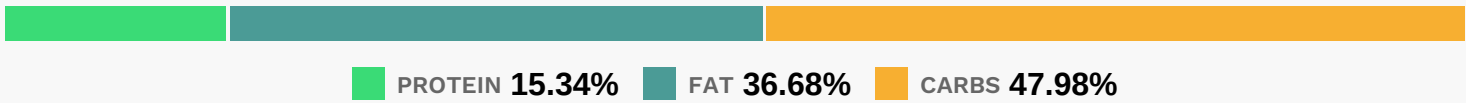
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place potatoes and carrots in a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- ☐ Drain.
- ☐ Hold the potatoes under cold running water to cool. Slide the skins from the potatoes and discard.
- ☐ Cut skinned potatoes and carrots into bite-size pieces.
- ☐ Mix potatoes, carrots, onion, sweet peas, ham, dill pickle cubes, and ranch dressing in a large bowl. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:18.900869623474%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 291.19kcal (14.56%), Fat: 12.02g (18.49%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 29.93g (10.88%), Sugar: 6.15g (6.84%), Cholesterol: 21.48mg (7.16%), Sodium: 689.89mg (30%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Vitamin A: 5357.29IU (107.15%), Vitamin K: 40.99µg (39.04%), Potassium: 981.66mg (28.05%), Vitamin B1: 0.37mg (24.55%), Vitamin C: 20.17mg (24.45%), Vitamin B6: 0.47mg (23.36%), Phosphorus: 232.54mg (23.25%), Fiber: 5.46g (21.83%), Manganese: 0.41mg (20.61%), Vitamin B3: 3.92mg (19.61%), Copper: 0.31mg (15.58%), Magnesium: 56.11mg (14.03%), Iron: 2.27mg (12.61%), Folate: 50.13µg (12.53%), Selenium: 8.52µg (12.17%), Zinc: 1.68mg (11.2%), Vitamin B2: 0.16mg (9.46%),

Vitamin B5: 0.83mg (8.31%), Calcium: 48.55mg (4.86%), Vitamin E: 0.65mg (4.35%), Vitamin B12: 0.21µg (3.45%),
Vitamin D: 0.21µg (1.42%)