



## Ranch Ham and Pasta Salad

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups baby potatoes cubed unpeeled
- 6 ounces soup noodles uncooked (nugget)
- 2 cups cauliflower florets
- 1 cup finely-chopped ham diced fully cooked
- 0.3 cup roasted peppers red drained chopped (from 7-ounce jar)
- 2 tablespoons spring onion chopped
- 0.3 cup salad dressing
- 0.3 cup ranch dressing

0.1 teaspoon pepper freshly ground

## Equipment

bowl

slotted spoon

dutch oven

## Directions

Place potatoes in 4-quart Dutch oven; add enough water just to cover potatoes. Cover and heat to boiling; boil 4 minutes.

Remove potatoes from water with slotted spoon.

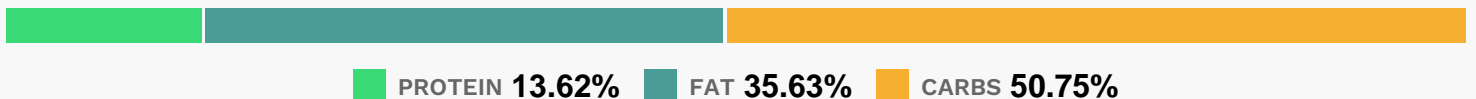
Add pasta to boiling water in Dutch oven; cook and drain as directed on package, adding broccoli for last 2 minutes of cooking. Cool potatoes, pasta and broccoli slightly. Refrigerate about 1 hour or until completely chilled.

Mix potatoes, pasta, broccoli, ham, bell peppers and onions in large glass or plastic bowl.

Mix mayonnaise, ranch dressing and pepper; gently stir into potato mixture.

Serve immediately, or cover and refrigerate up to 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:36.96, Glycemic Load:15.26, Inflammation Score:-4, Nutrition Score:12.099999784128%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 270.53kcal (13.53%), Fat: 10.71g (16.48%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.52g (11.46%), Sugar: 3.87g (4.3%), Cholesterol: 17.22mg (5.74%), Sodium: 562.19mg (24.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.42%), Vitamin C: 33.45mg (40.54%), Vitamin K:

35.53µg (33.84%), Selenium: 22.76µg (32.51%), Manganese: 0.42mg (21.22%), Phosphorus: 180.47mg (18.05%), Vitamin B6: 0.32mg (16.07%), Potassium: 460.4mg (13.15%), Vitamin B1: 0.19mg (12.61%), Fiber: 2.81g (11.23%), Vitamin B3: 1.91mg (9.57%), Magnesium: 37.91mg (9.48%), Copper: 0.19mg (9.26%), Folate: 35.42µg (8.86%), Vitamin B5: 0.77mg (7.68%), Zinc: 1.11mg (7.37%), Iron: 1.21mg (6.74%), Vitamin B2: 0.11mg (6.64%), Vitamin B12: 0.29µg (4.8%), Vitamin E: 0.66mg (4.37%), Calcium: 29.86mg (2.99%), Vitamin A: 61.27IU (1.23%)