



Ranch Ham and Pasta Salad

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

0.3 cup salad dressing

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.

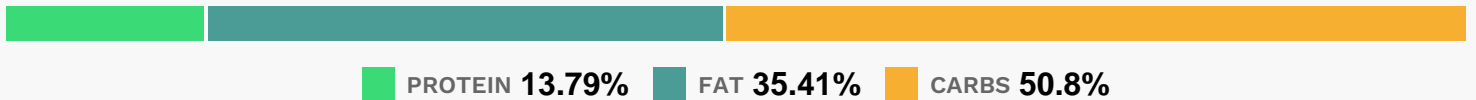
Add pasta to boiling water in Dutch oven; cook and drain as directed on package, adding broccoli for last 2 minutes of cooking. Cool potatoes, pasta and broccoli slightly. Refrigerate about 1 hour or until completely chilled.

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:15.32, Inflammation Score:-5, Nutrition Score:14.028695597597%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg 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: 272.17kcal (13.61%), Fat: 10.73g (16.5%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 31.72g (11.53%), Sugar: 3.73g (4.14%), Cholesterol: 17.22mg (5.74%), Sodium: 561.87mg (24.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Vitamin K: 60.28µg (57.41%), Vitamin C: 43.54mg

(52.78%), Selenium: 23.29µg (33.27%), Manganese: 0.43mg (21.72%), Phosphorus: 185.16mg (18.52%), Vitamin B6: 0.31mg (15.57%), Potassium: 453.42mg (12.95%), Vitamin B1: 0.19mg (12.89%), Fiber: 2.9g (11.61%), Magnesium: 39.07mg (9.77%), Vitamin B3: 1.93mg (9.66%), Copper: 0.19mg (9.33%), Folate: 34.9µg (8.73%), Zinc: 1.14mg (7.57%), Vitamin B2: 0.13mg (7.48%), Iron: 1.29mg (7.15%), Vitamin B5: 0.71mg (7.13%), Vitamin E: 0.86mg (5.72%), Vitamin A: 244.01IU (4.88%), Vitamin B12: 0.29µg (4.8%), Calcium: 36.32mg (3.63%)