



## Rice and Ham Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup cauliflower chopped
- ☐ 0.5 cup celery chopped
- ☐ 1.5 cups ham cooked cut into thin strips
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 tablespoon green onion chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 0.8 cup mayonnaise

- ☐ 1 cup peas frozen thawed
- ☐ 0.5 cup radishes sliced
- ☐ 0.3 cup salad dressing french
- ☐ 0.5 teaspoon salt
- ☐ 3 cups rice long grain white cooked

## Equipment

- ☐ bowl

## Directions

- ☐ In a large bowl, combine the rice, salad dressing, mayonnaise, green onion, curry powder, dry mustard, salt and pepper.
- ☐ Mix well and refrigerate until chilled.
- ☐ To the rice mixture, add the ham, cauliflower, peas, celery and radishes.
- ☐ Mix well and serve with sliced avocado or shredded lettuce.

## Nutrition Facts



## Properties

Glycemic Index:61.39, Glycemic Load:25.21, Inflammation Score:-4, Nutrition Score:12.75478263005%

## Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 387.12kcal (19.36%), Fat: 25.64g (39.45%), Saturated Fat: 4.16g (26%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 26.32g (9.57%), Sugar: 3.28g (3.64%), Cholesterol: 32.38mg (10.79%), Sodium: 812.9mg (35.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.21%), Vitamin K: 64.7µg (61.62%), Vitamin C: 26.23mg (31.8%), Manganese: 0.56mg (27.87%), Selenium: 13.37µg (19.1%), Vitamin B1: 0.25mg (16.55%), Phosphorus: 163.69mg (16.37%), Vitamin B6: 0.24mg (12.12%), Vitamin B3: 1.99mg (9.97%), Zinc: 1.47mg (9.81%),

Fiber: 2.44g (9.77%), Folate: 36.46µg (9.11%), Vitamin E: 1.28mg (8.56%), Potassium: 281.99mg (8.06%), Vitamin B2: 0.14mg (7.95%), Vitamin B5: 0.78mg (7.79%), Copper: 0.16mg (7.77%), Magnesium: 29.97mg (7.49%), Vitamin B12: 0.43µg (7.2%), Iron: 1.05mg (5.82%), Vitamin A: 257.28IU (5.15%), Calcium: 31.12mg (3.11%)