



Versatile Ham Salad

 **Gluten Free**

READY IN



190 min.

SERVINGS



6

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

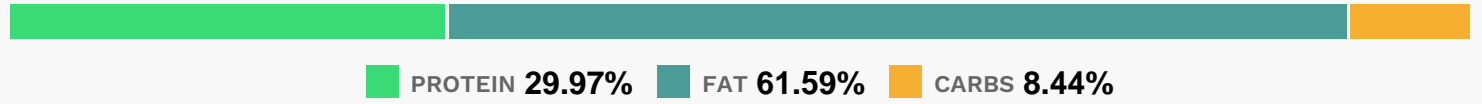
- 0.5 cup celery finely chopped
- 1 dash ground pepper red (cayenne)
- 12 oz oscar mayer ham smoked finely chopped
- 0.5 cup miracle whip dressing
- 2 Tbsp onion finely chopped
- 1 dash pepper black
- 0.5 cup cheddar cheese shredded kraft

Equipment

Directions

- Mix all ingredients; cover.
- Refrigerate several hours or until chilled.
- Serve as a spread with crackers and cut-up fresh vegetables or as a sandwich or wrap filling.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:6.9078261541284%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 196.66kcal (9.83%), Fat: 13.3g (20.47%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.48g (2.75%), Cholesterol: 46.48mg (15.49%), Sodium: 908.93mg (39.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.13%), Vitamin B1: 0.35mg (23.12%), Selenium: 15.59µg (22.27%), Phosphorus: 168.59mg (16.86%), Vitamin B3: 2.57mg (12.83%), Vitamin B6: 0.23mg (11.63%), Zinc: 1.68mg (11.19%), Vitamin B2: 0.17mg (10.16%), Vitamin B12: 0.46µg (7.71%), Calcium: 76.05mg (7.61%), Potassium: 207.13mg (5.92%), Magnesium: 14.63mg (3.66%), Vitamin B5: 0.32mg (3.23%), Iron: 0.56mg (3.11%), Vitamin A: 153.9IU (3.08%), Vitamin D: 0.45µg (3.02%), Copper: 0.05mg (2.73%), Vitamin K: 2.75µg (2.62%), Fiber: 0.6g (2.42%), Vitamin E: 0.3mg (2.02%), Folate: 7.36µg (1.84%), Manganese: 0.02mg (1.22%)