

Green Bean, New Potato and Ham Salad

Easy Summer Entertaining (1991)
Kraft General Foods, Inc.

Yield: 12 cups

3 pounds new potatoes, quartered
2/3 cup cold water
1 pound green beans, halved
3/4 cup Miracle Whip®
1/3 cup stone ground mustard
2 tablespoons red wine vinegar
2 cups ham, cubed
1/2 cup green onions, chopped

Preparation Time: 15 minutes

Microwave: 26 minutes

Place the potatoes and water in a three-quart casserole. Cover.

Microwave on HIGH for 13 minutes. Stir in the beans. Microwave on HIGH for 7 to 13 minutes or until tender. Drain.

In a large bowl, mix together the Miracle Whip, mustard and vinegar until well blended.

Add the potatoes, beans, ham and green onions. Mix lightly.

Chill.

Per Serving (excluding unknown items): 2551 Calories; 114g Fat (39.5% calories from fat); 84g Protein; 311g Carbohydrate; 37g Dietary Fiber; 214mg Cholesterol; 4814mg Sodium. Exchanges: 14 1/2 Grain(Starch); 7 Lean Meat; 6 1/2 Vegetable; 18 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2551	Vitamin B6 (mg):	4.7mg
% Calories from Fat:	39.5%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	47.7%	Thiamin B1 (mg):	3.7mg
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	114g	Folacin (mcg):	359mcg
Saturated Fat (g):	22g	Niacin (mg):	38mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0

Cholesterol (mg):	214mg
Carbohydrate (g):	311g
Dietary Fiber (g):	37g
Protein (g):	84g
Sodium (mg):	4814mg
Potassium (mg):	9290mg
Calcium (mg):	302mg
Iron (mg):	18mg
Zinc (mg):	12mg
Vitamin C (mg):	417mg
Vitamin A (i.u.):	2854IU
Vitamin A (r.e.):	286 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	14 1/2
Lean Meat:	7
Vegetable:	6 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	1 1/2

Nutrition Facts

Amount Per Serving

Calories 2551 **Calories from Fat:** 1007

% Daily Values*

Total Fat 114g	176%
Saturated Fat 22g	108%
Cholesterol 214mg	71%
Sodium 4814mg	201%
Total Carbohydrates 311g	104%
Dietary Fiber 37g	146%
Protein 84g	
Vitamin A	57%
Vitamin C	695%
Calcium	30%
Iron	100%

* Percent Daily Values are based on a 2000 calorie diet.