

Bologna Salad Sandwich Spread II

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



3

CALORIES



955 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 pounds un bologna
- 4 eggs
- 0.3 cup mayonnaise
- 6 medium pickle sweet

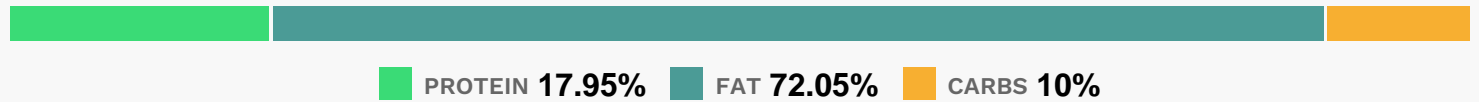
Equipment

- food processor
- bowl
- sauce pan

Directions

- Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from water, cool and peel.
- In a food processor, place eggs, bologna and sweet pickles. Blend to a spreadable consistency.
- Transfer mixture to a medium bowl.
- Mix in mayonnaise, increasing the amount as necessary to make the mixture smooth. Cover and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:28.050869983176%

Nutrients (% of daily need)

Calories: 954.86kcal (47.74%), Fat: 75.52g (116.18%), Saturated Fat: 25.15g (157.18%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 23.08g (8.39%), Sugar: 19.5g (21.66%), Cholesterol: 362.16mg (120.72%), Sodium: 2607.58mg (113.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.33g (84.67%), Selenium: 74.23µg (106.05%), Vitamin B12: 4.67µg (77.87%), Vitamin K: 54.83µg (52.22%), Phosphorus: 498.76mg (49.88%), Vitamin B2: 0.71mg (41.54%), Zinc: 6.06mg (40.41%), Vitamin B6: 0.79mg (39.34%), Vitamin B1: 0.53mg (35.33%), Vitamin B3: 5.82mg (29.1%), Calcium: 257.62mg (25.76%), Potassium: 849.1mg (24.26%), Iron: 3.94mg (21.86%), Vitamin D: 3.03µg (20.17%), Vitamin B5: 1.9mg (18.98%), Vitamin A: 901.44IU (18.03%), Magnesium: 49.28mg (12.32%), Folate: 42.61µg (10.65%), Vitamin E: 1.41mg (9.39%), Copper: 0.18mg (8.89%), Manganese: 0.09mg (4.55%), Vitamin C: 2.16mg (2.62%), Fiber: 0.5g (2%)