

Clean out the Fridge Ham Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers rinsed
- 1 dash ground pepper
- 6 cups finely-chopped ham minced cooked
- 2 tablespoons relish
- 3 eggs chopped
- 0.3 teaspoon garlic powder
- 1 tablespoon hot sauce
- 1.5 cups mayonnaise

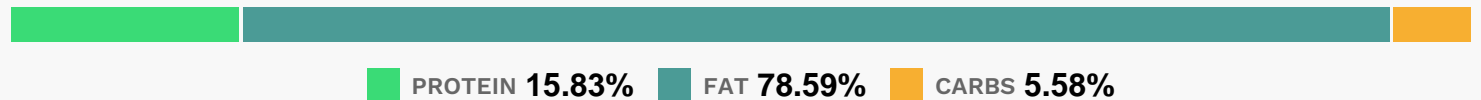
- 2 tablespoons mustard hot
- 0.5 cup onion diced finely
- 0.3 teaspoon paprika
- 2 tablespoons parsley chopped
- 0.5 cup cream sour
- 0.3 cup pickle relish sweet
- 2 tablespoons worcestershire sauce

Equipment

Directions

- Mix all together.2 Stir in the capers & eggs last to avoid breaking them up excessively.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:16.816521768985%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 488.16kcal (24.41%), Fat: 42.46g (65.32%), Saturated Fat: 8.35g (52.19%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.21g (2.26%), Sugar: 3.96g (4.4%), Cholesterol: 149.37mg (49.79%), Sodium: 1544.65mg (67.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.48%), Vitamin K: 92.03µg (87.64%), Selenium: 24.73µg (35.33%), Vitamin B1: 0.48mg (32.09%), Phosphorus: 313.44mg (31.34%), Vitamin C: 23.9mg (28.97%), Vitamin B12: 1.42µg (23.71%), Vitamin B2: 0.33mg (19.33%), Vitamin B3: 3.17mg (15.84%), Zinc: 2.3mg (15.35%), Vitamin B6: 0.28mg (13.87%), Vitamin B5: 1.15mg (11.46%), Vitamin E: 1.71mg (11.39%), Potassium: 357.43mg (10.21%), Iron: 1.63mg (9.07%), Vitamin A: 435.93IU (8.72%), Copper: 0.15mg (7.52%), Magnesium: 27.2mg (6.8%), Folate: 17.81µg (4.45%), Calcium: 43.98mg (4.4%), Manganese: 0.08mg (4.23%), Vitamin D: 0.41µg (2.76%), Fiber:

0.58g (2.3%)