



## Deviled Ham

READY IN



45 min.

SERVINGS



20

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter
- 1.5 teaspoons mustard dry
- 1 tablespoon flour all-purpose
- 1 Dash bell pepper red
- 1 cup whipping cream
- 3 cups ground cooked

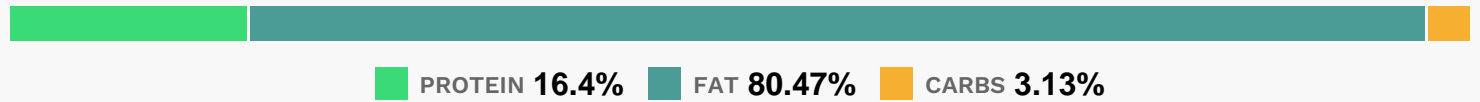
## Equipment

- sauce pan

## Directions

- Melt butter in a heavy saucepan over low heat.
- Add flour; stir until smooth. Cook 1 minute, stirring constantly. Gradually add whipping cream; cook over medium heat, stirring constantly, until thickened. Stir in mustard and pepper.
- Add ham; stir well.
- Spoon mixture into an oiled 3 1/2-cup mold. Cover and refrigerate at least 4 hours. Unmold onto a serving platter.
- Serve cold with crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.35, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.5147825787249%

## Nutrients (% of daily need)

Calories: 88.26kcal (4.41%), Fat: 7.93g (12.2%), Saturated Fat: 3.5g (21.89%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.36g (0.4%), Cholesterol: 25.82mg (8.61%), Sodium: 225.77mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin B1: 0.1mg (6.45%), Selenium: 4.15µg (5.93%), Phosphorus: 58.71mg (5.87%), Vitamin A: 278.04IU (5.56%), Vitamin C: 4.1mg (4.97%), Vitamin B12: 0.26µg (4.35%), Vitamin B2: 0.07mg (3.89%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.44%), Vitamin B5: 0.18mg (1.84%), Potassium: 61.74mg (1.76%), Vitamin E: 0.21mg (1.37%), Magnesium: 5.12mg (1.28%), Vitamin D: 0.19µg (1.27%), Copper: 0.02mg (1.11%), Iron: 0.19mg (1.04%), Calcium: 10.18mg (1.02%)