

Deviled Ham

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



229 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground pepper
- 1 pound finely-chopped ham cooked cut into 1-inch pieces
- 10 servings round buttery crackers for serving
- 1 tablespoon dijon mustard
- 3 tablespoons relish
- 0.5 cup mayonnaise
- 0.5 teaspoon all the tabasco sauce you handle
- 1 teaspoon worcestershire sauce

0.3 medium onion yellow coarsely chopped

Equipment

food processor

bowl

Directions

Combine the mayonnaise, relish, mustard, Worcestershire, Tabasco, and cayenne in a large bowl; set aside.

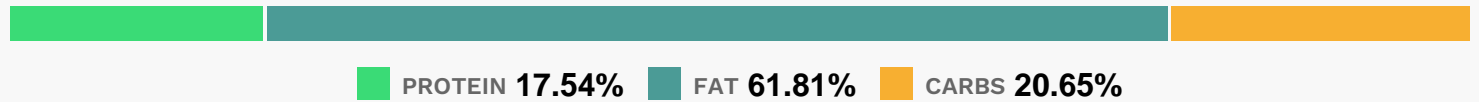
Place the ham in the bowl of a food processor fitted with the blade attachment and process until coarsely chopped, about 10 seconds.

Add the onion and process, stopping to scrape down the sides of the bowl as needed, until a thick paste forms, about 1 minute.

Transfer the ham mixture to the bowl with the mayonnaise mixture and stir until evenly combined.

Serve with crackers or spread on bread. Refrigerate in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:8.0695652223152%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 229.14kcal (11.46%), Fat: 15.63g (24.04%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 11.19g (4.07%), Sugar: 1.57g (1.74%), Cholesterol: 37.82mg (12.61%), Sodium: 814.94mg (35.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.95%), Vitamin K: 26.32µg (25.07%), Vitamin B1: 0.32mg (21.25%), Phosphorus: 183.15mg (18.32%), Selenium: 10.5µg (15.01%), Vitamin C: 11.07mg (13.42%), Vitamin B3: 2.43mg (12.17%), Vitamin B12: 0.65µg (10.88%), Vitamin B2: 0.16mg (9.25%), Zinc: 1.15mg (7.68%), Iron: 1.24mg

(6.92%), Vitamin B6: 0.13mg (6.63%), Vitamin E: 0.94mg (6.26%), Manganese: 0.12mg (5.98%), Vitamin B5: 0.48mg (4.83%), Potassium: 164.11mg (4.69%), Copper: 0.08mg (4.04%), Magnesium: 14.65mg (3.66%), Folate: 14.2µg (3.55%), Calcium: 30.76mg (3.08%), Fiber: 0.55g (2.22%)