



## Deviled Ham

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 8 servings pepper black freshly ground
- 0.1 teaspoon ground pepper
- 4 ounces cream cheese room-temperature
- 8 ounces country ham good coarsely chopped
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon hot sauce
- 8 servings kosher salt
- 0.3 cup mayonnaise

- 1 spring onion chopped
- 2 teaspoons coarse mustard whole

## Equipment

- bowl

## Directions

- Pulse 8 ounces coarselychopped countryham or gooddeli ham in a foodprocessor until finelychopped.
- Transfer to a large bowl andmix in 4 ounces room-temperaturecream cheese,1/4 cup mayonnaise,1 tablespoon hot sauce,2 teaspoons whole grainmustard, and1/8 teaspoon cayennepepper (optional).Fold in 1 choppedscallion and 2 tablespoonsfinely choppedfresh flat-leafparsley; seasonwith kosher saltand freshly groundblack pepper.

## Nutrition Facts

**PROTEIN 17.13%** **FAT 80.08%** **CARBS 2.79%**

## Properties

Glycemic Index:29.63, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:5.2486956197283%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 168.23kcal (8.41%), Fat: 14.93g (22.98%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.66g (0.73%), Cholesterol: 34.83mg (11.61%), Sodium: 676.79mg (29.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Vitamin K: 31.46µg (29.96%), Vitamin B1: 0.18mg (11.95%), Selenium: 8.26µg (11.8%), Phosphorus: 80.22mg (8.02%), Vitamin B3: 1.31mg (6.57%), Vitamin A: 311.18IU (6.22%), Vitamin B6: 0.12mg (6.13%), Vitamin B2: 0.1mg (5.96%), Zinc: 0.77mg (5.12%), Vitamin B12: 0.22µg (3.68%), Vitamin C: 2.86mg (3.46%), Potassium: 117.08mg (3.35%), Vitamin E: 0.49mg (3.24%), Vitamin B5: 0.23mg (2.34%), Iron: 0.4mg (2.24%), Magnesium: 8.44mg (2.11%), Calcium: 20.28mg (2.03%), Copper: 0.03mg (1.66%), Manganese: 0.03mg (1.5%), Vitamin D: 0.21µg (1.42%), Folate: 5.19µg (1.3%)