



Deviled Ham



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoon hot sauce to taste (such as tabasco, I used sriracha,)
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup mustard (I used a creole mustard)
- ☐ 0.5 cup onion diced ()
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound ham smoked cooked (, cut int 1 inch cubes)
- ☐ 2 teaspoons paprika smoked hot
- ☐ 1 tablespoon worcestershire sauce

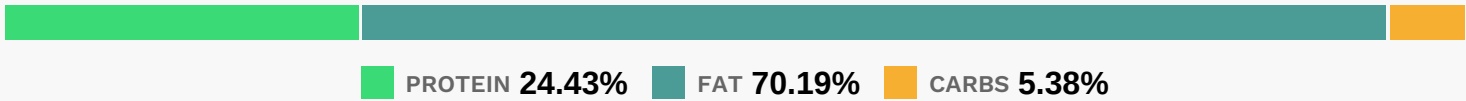
Equipment

☐ food processor

Directions

- ☐ Chop the ham to the desired size in a food processor.
- ☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:9.0673913255982%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 326.96kcal (16.35%), Fat: 25.73g (39.58%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.95g (2.17%), Cholesterol: 66.19mg (22.06%), Sodium: 2147.96mg (93.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Vitamin K: 46.95µg (44.72%), Phosphorus: 299.11mg (29.91%), Copper: 0.31mg (15.72%), Zinc: 2.29mg (15.25%), Iron: 2.29mg (12.73%), Potassium: 428.25mg (12.24%), Magnesium: 47.57mg (11.89%), Vitamin A: 536.08IU (10.72%), Selenium: 6.12µg (8.74%), Vitamin E: 1.28mg (8.53%), Vitamin C: 6.97mg (8.44%), Manganese: 0.11mg (5.61%), Fiber: 1.38g (5.51%), Calcium: 35.46mg (3.55%), Vitamin B6: 0.07mg (3.43%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.04mg (2.6%), Folate: 7.51µg (1.88%), Vitamin B5: 0.15mg (1.52%), Vitamin B3: 0.26mg (1.29%)