



Deviled Ham and Pecan Tea Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



32

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound ham cooked cut into 1-inch pieces
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 medium onion quartered
- ☐ 0.5 cup pecans cooled toasted
- ☐ 32 servings garnish: parsley and pecans chopped
- ☐ 3 large pickled cucumbers / gherkins sweet
- ☐ 1 teaspoon all the tabasco sauce you handle

☐ 16 slices sandwich bread white firm

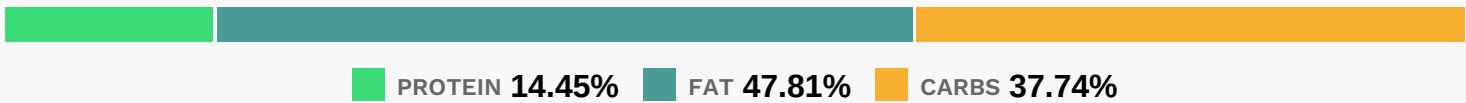
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ plastic wrap

Directions

- ☐ Pulse all ingredients except bread in a food processor until finely chopped and combined well.
- ☐ Spread ham mixture (1/4 cup per sandwich) between slices of bread. Discard crusts, then cut sandwiches into triangles.
- ☐ Sandwiches can be chilled, covered with dampened paper towels, then plastic wrap, 3 hours.

Nutrition Facts



Properties

Glycemic Index:6.37, Glycemic Load:4.44, Inflammation Score:-1, Nutrition Score:3.1404348205289%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 78.07kcal (3.9%), Fat: 4.18g (6.43%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.47g (1.63%), Cholesterol: 5.91mg (1.97%), Sodium: 181.28mg (7.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Manganese: 0.2mg (10.02%), Vitamin B1: 0.12mg (8.09%), Selenium: 4.77µg (6.81%), Phosphorus: 44.36mg (4.44%), Vitamin B3: 0.89mg (4.44%), Vitamin K: 4.54µg (4.32%),

Folate: 15.17µg (3.79%), Iron: 0.58mg (3.2%), Calcium: 31.72mg (3.17%), Vitamin B2: 0.05mg (3.1%), Copper: 0.06mg (2.84%), Zinc: 0.4mg (2.66%), Fiber: 0.63g (2.54%), Vitamin C: 1.93mg (2.34%), Magnesium: 8.82mg (2.21%), Vitamin B6: 0.04mg (1.94%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.16mg (1.61%), Potassium: 52.71mg (1.51%)