



Deviled Ham and Pickle Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings dill pickles sliced
- ☐ 2 teaspoons grainy mustard
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings onion sweet thinly sliced
- ☐ 0.3 teaspoon tabasco
- ☐ 8 slices sandwich bread
- ☐ 0.5 teaspoon worcestershire sauce

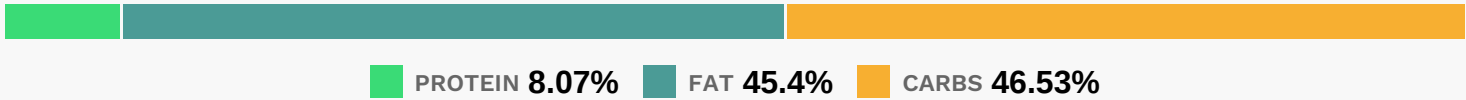
Equipment

☐ food processor

Directions

- ☐ Pulse ham with mayonnaise, mustard, Worcestershire sauce, and Tabasco in a food processor until finely chopped.
- ☐ Make sandwiches with ham mixture, pickles, onion, and bread.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:17.6, Inflammation Score:-7, Nutrition Score:12.055217281632%

Flavonoids

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 21.49mg, Quercetin: 21.49mg, Quercetin: 21.49mg, Quercetin: 21.49mg

Nutrients (% of daily need)

Calories: 319.22kcal (15.96%), Fat: 16.24g (24.99%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 34.21g (12.44%), Sugar: 11.15g (12.39%), Cholesterol: 7.84mg (2.61%), Sodium: 937.93mg (40.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin K: 41.94µg (39.94%), Folate: 95.92µg (23.98%), Vitamin B1: 0.35mg (23.46%), Manganese: 0.45mg (22.54%), Selenium: 13.62µg (19.46%), Calcium: 174.09mg (17.41%), Vitamin B3: 2.67mg (13.34%), Vitamin B6: 0.26mg (13.21%), Iron: 2.33mg (12.97%), Fiber: 3.24g (12.96%), Phosphorus: 113.96mg (11.4%), Vitamin B2: 0.19mg (11.35%), Vitamin C: 8.76mg (10.62%), Potassium: 321.26mg (9.18%), Copper: 0.17mg (8.44%), Magnesium: 32.87mg (8.22%), Vitamin E: 0.84mg (5.6%), Zinc: 0.75mg (5%), Vitamin B5: 0.49mg (4.85%), Vitamin A: 135.84IU (2.72%)