



Deviled Ham Eyeball Sandwich

 Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 3 dashes hot sauce such as tabasco
- 20 servings catsup for squirting
- 20 servings kosher salt
- 0.3 cup mayonnaise
- 1 tablespoon pickled relish
- 10 pimento-stuffed olives green sliced in half

- 8 ounces ham smoked cooked chopped
- 20 slices bread white such as arnold brick oven sandwich bread
- 0.5 teaspoon worcestershire sauce

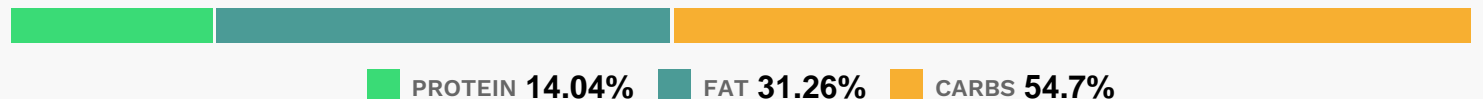
Equipment

- food processor
- bowl
- baking sheet
- cookie cutter

Directions

- Watch how to make this recipe.
- Special equipment: 2 1/2-inch round cookie cutter
- Punch out rounds from the bread using a 2 1/2-inch round cookie cutter.
- Lay out the rounds on a baking sheet. Set aside.
- Add the ham, mayonnaise, honey, mustard, relish, Worcestershire and hot sauce in the bowl of a food processor.
- Sprinkle with salt and pulse until finely chopped, but still chunky. Spoon a tablespoon at a time of the ham mixture onto a parchment-lined baking sheet.
- Roll each spoonful into round balls. Stuff 1 olive into the center of each ball for eyes.
- Lay the balls in the center of the bread rounds. Squirt ketchup around the edges of the bread to mimic veins.
- Serve to kids and pray they don't cry from how scary these are.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:9.23, Inflammation Score:-2, Nutrition Score:4.1778261115694%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 126.16kcal (6.31%), Fat: 4.45g (6.84%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 16.77g (6.1%), Sugar: 5.5g (6.11%), Cholesterol: 7.01mg (2.34%), Sodium: 653.73mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Selenium: 6.28µg (8.97%), Vitamin B1: 0.13mg (8.72%), Manganese: 0.17mg (8.49%), Folate: 29.64µg (7.41%), Vitamin B3: 1.42mg (7.08%), Vitamin K: 6.63µg (6.31%), Iron: 1.1mg (6.09%), Phosphorus: 60.51mg (6.05%), Calcium: 58.4mg (5.84%), Vitamin B2: 0.09mg (5.13%), Copper: 0.08mg (3.79%), Magnesium: 13mg (3.25%), Vitamin E: 0.48mg (3.17%), Zinc: 0.47mg (3.11%), Potassium: 107.4mg (3.07%), Fiber: 0.73g (2.93%), Vitamin B6: 0.05mg (2.44%), Vitamin A: 88.34IU (1.77%), Vitamin B5: 0.15mg (1.52%)