



Deviled Ham on Celery



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 celery stalks
- ☐ 0.5 teaspoon sherry vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh minced
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 pound ham smoked cooked thinly sliced ()
- ☐ 0.5 teaspoon worcestershire sauce

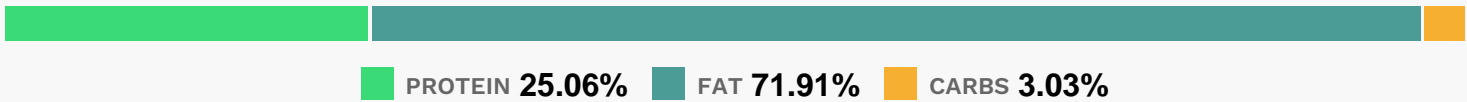
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Trim a thin strip down length of rounded side of each celery rib to form a flat bottom, then rest celery on flat bottom.
- ☐ Cut away curved edges with a large knife to form flat-sided pieces of celery, discarding trimmings. Diagonally cut celery into 32 (1 1/4-inch) lengths.
- ☐ Pulse half of ham in a food processor until finely chopped, then mince remaining ham with a sharp large knife. Stir together finely chopped and minced ham with remaining ingredients and pepper to taste in a bowl, then mound 1 teaspoon of filling onto each piece of celery.
- ☐ Celery can be cut 6 hours ahead and chilled, wrapped tightly in plastic wrap. Deviled ham can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.91956519999582%

Flavonoids

Apigenin: 1.05mg, Apigenin: 1.05mg, Apigenin: 1.05mg, Apigenin: 1.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 19.92kcal (1%), Fat: 1.6g (2.46%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0.06g (0.07%), Cholesterol: 4.14mg (1.38%), Sodium: 109.95mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Vitamin K: 10.92µg (10.4%), Phosphorus: 18.53mg (1.85%)