



Deviled Ham Salad Sandwich

READY IN



15 min.

SERVINGS



18

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

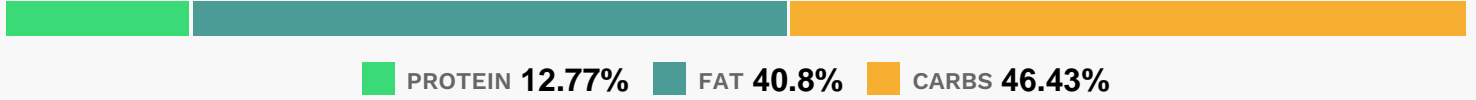
- 8 oz philadelphia cream cheese softened
- 4.3 oz deviled ham canned
- 0.3 cup real mayo mayonnaise kraft
- 10 small pimento-stuffed olives green finely chopped
- 36 slices bread white

Equipment

Directions

- Mix cream cheese, ham, mayo and olives until well blended.
- Spread each of 18 of the bread slices with about 2 Tbsp. of the cream cheese mixture. Cover with remaining bread slices to make 18 sandwiches.
- Cut each sandwich into quarters.

Nutrition Facts



Properties

Glycemic Index:8.43, Glycemic Load:17.73, Inflammation Score:-3, Nutrition Score:7.115217399338%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 219.74kcal (10.99%), Fat: 9.92g (15.26%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 24.18g (8.79%), Sugar: 3.17g (3.53%), Cholesterol: 18.18mg (6.06%), Sodium: 411.94mg (17.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.97%), Selenium: 14.29µg (20.42%), Vitamin B1: 0.3mg (19.83%), Manganese: 0.3mg (14.93%), Folate: 57.06µg (14.26%), Vitamin B3: 2.7mg (13.48%), Calcium: 119.59mg (11.96%), Iron: 1.77mg (9.83%), Vitamin B2: 0.16mg (9.68%), Phosphorus: 85.05mg (8.5%), Vitamin K: 5.47µg (5.21%), Fiber: 1.22g (4.89%), Zinc: 0.66mg (4.43%), Magnesium: 16.18mg (4.05%), Vitamin B6: 0.08mg (3.97%), Vitamin B5: 0.38mg (3.76%), Copper: 0.07mg (3.65%), Vitamin A: 180.47IU (3.61%), Vitamin E: 0.43mg (2.86%), Potassium: 95.83mg (2.74%), Vitamin B12: 0.07µg (1.24%)