



Deviled Ham Terrine

READY IN



450 min.

SERVINGS



20

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 6 tablespoons butter softened
- ☐ 1 rib celery finely chopped
- ☐ 20 servings round buttery crackers
- ☐ 3 tablespoons cooking wine dry white
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 2 green onions finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon lemon zest

- ☐ 0.5 cup mayonnaise
- ☐ 20 servings garnish: pickled okra sliced
- ☐ 20 servings winter pickled veggies quick
- ☐ 4 cups ham smoked coarsely chopped
- ☐ 0.3 cup whole-grain dijon mustard

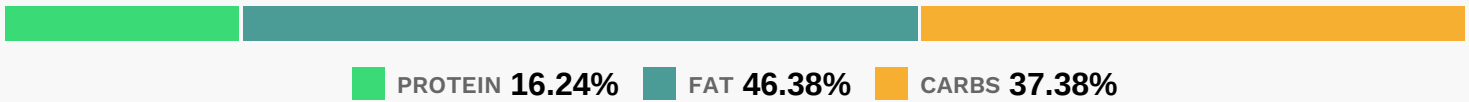
Equipment

- ☐ food processor

Directions

- ☐ Pulse ham, in batches, in a food processor 4 to 6 times or until shredded. (Do not overprocess.)
- ☐ Stir together parsley and next 9 ingredients. Stir in ham until well blended. Cover and chill 8 hours. Store in an airtight container in refrigerator up to 3 days.
- ☐ Let stand at room temperature 30 minutes before serving.
- ☐ Serve with crackers and Quick Winter Pickled Veggies.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.2, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:15.057391013464%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 247.76kcal (12.39%), Fat: 13.16g (20.24%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 19.22g (6.99%), Sugar: 1.66g (1.85%), Cholesterol: 27.7mg (9.23%), Sodium: 695.51mg (30.24%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 10.37g (20.73%), Vitamin A: 4967.12IU (99.34%), Vitamin K: 48.48µg (46.17%), Manganese: 0.43mg (21.67%), Phosphorus: 191.39mg (19.14%), Fiber: 4.64g (18.57%), Vitamin C: 14.61mg (17.71%), Vitamin B1: 0.21mg (14.31%), Iron: 2.29mg (12.7%), Folate: 48.87µg (12.22%), Magnesium: 45.3mg (11.32%), Vitamin B3: 2.09mg (10.46%), Copper: 0.21mg (10.35%), Potassium: 360.77mg (10.31%), Zinc: 1.25mg (8.33%), Vitamin B2: 0.13mg (7.93%), Calcium: 67.71mg (6.77%), Vitamin B6: 0.13mg (6.49%), Vitamin E: 0.91mg (6.06%), Selenium: 2.43µg (3.47%), Vitamin B5: 0.27mg (2.7%)