



## Deviled Smoked Ham Spread

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



138 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 teaspoon pepper black freshly ground
- 3 stalks celery diced
- 1 small bell pepper diced green
- 6 green onions chopped
- 6 hard-cooked eggs
- 1 tablespoon mustard prepared
- 2 cups creamy salad dressing miracle whip® (such as )
- 1 pinch salt to taste

3 pounds ham smoked cut into chunks

8 ounce relish sweet

## Equipment

bowl

## Directions

Stir creamy salad dressing, sweet pickle relish, mustard, black pepper, and salt in a large bowl until thoroughly blended.

Grind smoked ham, hard-cooked eggs, green onions, green bell pepper, and celery together into a bowl with a food grinder, spooning tablespoons of salad dressing mixture into the grinder for moisture as you work.

Combine the ham mixture thoroughly with the remaining salad dressing mixture; store covered in refrigerator until serving time.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:5.1117391482643%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 137.66kcal (6.88%), Fat: 7.59g (11.67%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.12g (2.23%), Sugar: 5.28g (5.87%), Cholesterol: 73.84mg (24.61%), Sodium: 988.01mg (42.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin K: 26.97µg (25.69%), Phosphorus: 161.6mg (16.16%), Zinc: 1.21mg (8.08%), Copper: 0.16mg (7.87%), Selenium: 4.5µg (6.42%), Potassium: 215.24mg (6.15%), Iron: 1.1mg (6.12%), Magnesium: 22.18mg (5.54%), Vitamin A: 251.82IU (5.04%), Vitamin E: 0.66mg (4.38%), Vitamin B2: 0.07mg (4.35%), Vitamin C: 3.37mg (4.09%), Folate: 9.68µg (2.42%), Vitamin B12: 0.14µg (2.31%), Vitamin B6: 0.04mg (2.11%), Calcium: 19.98mg (2%), Vitamin B5: 0.2mg (1.96%), Manganese: 0.04mg (1.88%), Vitamin D: 0.28µg (1.83%), Fiber: 0.36g (1.45%), Vitamin B1: 0.02mg (1.19%)