



Ham and Cheese Spread

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



185 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 pickled cucumbers / gherkins sour french finely chopped (gherkins)
- ☐ 0.5 cup gruyere cheese shredded finely
- ☐ 0.5 lb ham smoked cooked sliced
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 tablespoon coarse mustard

Equipment

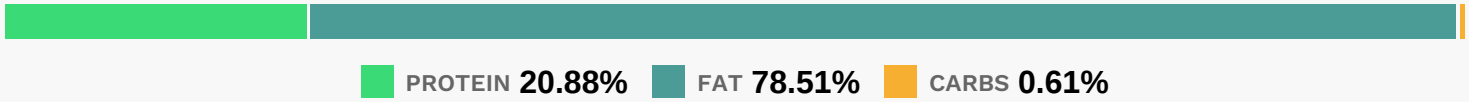
- ☐ food processor

- ☐ bowl
- ☐ spatula

Directions

- ☐ Pulse ham in a food processor until finely chopped, then transfer to a bowl. Stir in remaining ingredients with a rubber spatula until combined well.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.5000000124716%

Nutrients (% of daily need)

Calories: 185.04kcal (9.25%), Fat: 16.36g (25.17%), Saturated Fat: 9.74g (60.88%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.13g (0.14%), Cholesterol: 60.34mg (20.11%), Sodium: 574.53mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Phosphorus: 160.91mg (16.09%), Calcium: 120.18mg (12.02%), Vitamin A: 457.64IU (9.15%), Zinc: 1.14mg (7.62%), Copper: 0.1mg (5%), Magnesium: 17.33mg (4.33%), Selenium: 2.59µg (3.7%), Potassium: 118.58mg (3.39%), Vitamin B12: 0.2µg (3.33%), Iron: 0.56mg (3.13%), Vitamin E: 0.37mg (2.44%), Vitamin B2: 0.04mg (2.2%), Vitamin D: 0.28µg (1.84%), Vitamin K: 1.76µg (1.68%), Manganese: 0.02mg (1.18%)