



## Ham Butter

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



799 kcal

SIDE DISH

## Ingredients

- 0.5 cup butter softened
- 3 ounce cream cheese softened
- 0.5 cup ham diced cooked finely
- 2 tablespoons dijon mustard
- 1 tablespoon green onions minced
- 0.3 cup mayonnaise
- 0.5 teaspoon lawry's seasoned salt

## Equipment

hand mixer

## Directions

Beat butter and cream cheese at medium speed with an electric mixer until smooth. Stir in mayonnaise and next 4 ingredients. Cover and chill up to 5 days, if desired; remove from refrigerator, and let stand at room temperature 30 minutes.

Serve with hot biscuits or crackers.

## Nutrition Facts

**PROTEIN 4.65%** **FAT 93.35%** **CARBS 2%**

## Properties

Glycemic Index:70.5, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:11.5226087933%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 799.47kcal (39.97%), Fat: 83.92g (129.11%), Saturated Fat: 21.86g (136.64%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.31g (1.2%), Sugar: 2.04g (2.27%), Cholesterol: 75.33mg (25.11%), Sodium: 1919.62mg (83.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.82%), Vitamin A: 2659.81IU (53.2%), Vitamin K: 52.97µg (50.45%), Selenium: 15.01µg (21.45%), Vitamin E: 3.11mg (20.75%), Phosphorus: 164.23mg (16.42%), Vitamin B1: 0.2mg (13.2%), Vitamin B2: 0.2mg (11.98%), Vitamin B12: 0.58µg (9.7%), Vitamin C: 7.32mg (8.87%), Calcium: 74.18mg (7.42%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.63mg (6.32%), Vitamin B3: 1.16mg (5.78%), Vitamin B6: 0.12mg (5.78%), Potassium: 195.85mg (5.6%), Magnesium: 19.56mg (4.89%), Manganese: 0.09mg (4.44%), Iron: 0.63mg (3.52%), Copper: 0.06mg (2.96%), Fiber: 0.72g (2.89%), Folate: 9.61µg (2.4%)