



Ham Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon celery seed
- ☐ 2 pounds finely-chopped ham boneless fully cooked cut into large chunks
- ☐ 3 hardboiled eggs peeled chopped
- ☐ 1 teaspoon horseradish refrigerated
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 1 leaves toppings: such as pickles fresh sweet
- ☐ 0.3 teaspoon pepper

- ☐ 1 cup pickle relish sweet
- ☐ 1.5 teaspoons mustard yellow

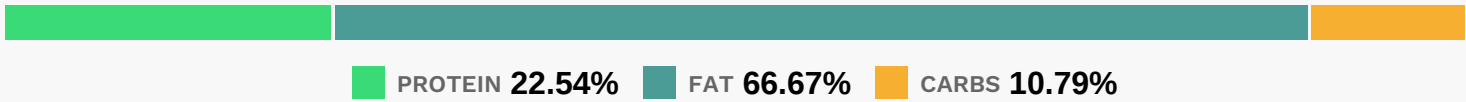
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Process ham, in batches, in a food processor until coarsely ground, stopping to scrape down sides as needed.
- ☐ Place ground ham in a bowl; stir in pickle relish and next 6 ingredients. Fold in chopped eggs.
- ☐ Serve on toasted bread slices, if desired.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:7.3026086791702%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg

Nutrients (% of daily need)

Calories: 172.94kcal (8.65%), Fat: 12.78g (19.66%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.75g (4.16%), Cholesterol: 65.79mg (21.93%), Sodium: 709.73mg (30.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Vitamin K: 28.6µg (27.24%), Selenium: 11.72µg (16.74%), Vitamin B1: 0.25mg (16.56%), Phosphorus: 151.61mg (15.16%), Vitamin C: 10.9mg (13.22%), Vitamin B12: 0.74µg (12.27%), Vitamin B2: 0.15mg (9.05%), Vitamin B3: 1.66mg (8.29%), Zinc: 1.15mg (7.67%), Vitamin B6: 0.13mg (6.56%), Vitamin B5: 0.52mg (5.23%), Potassium: 148.24mg (4.24%), Iron: 0.75mg (4.16%), Vitamin A: 196.16IU (3.92%), Copper: 0.07mg (3.51%), Vitamin E: 0.52mg (3.47%), Magnesium: 12.63mg (3.16%), Manganese: 0.05mg (2.69%), Folate: 5.6µg (1.4%), Calcium: 13.57mg (1.36%), Vitamin D: 0.19µg (1.25%)