



## Ham Salad Spread

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



185 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 2 tablespoons celery finely chopped
- 2 eggs hard cooked chopped
- 3 cups ground ham fully cooked
- 1 cup mayonnaise
- 2 teaspoons onion finely chopped
- 4 teaspoons relish sweet
- 1 tablespoon mustard yellow prepared

## Equipment

bowl

## Directions

- Mix ham, eggs, celery, pickle relish, and onion together in a bowl.
- Combine mayonnaise and mustard together in a separate bowl; pour over ham mixture. Stir to coat. Refrigerate until serving time.

## Nutrition Facts

**PROTEIN 14.42%** **FAT 83.57%** **CARBS 2.01%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:5.5430434955203%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 185.19kcal (9.26%), Fat: 17.05g (26.23%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.73g (0.82%), Cholesterol: 59.55mg (19.85%), Sodium: 483.5mg (21.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin K: 32.26µg (30.72%), Selenium: 9.02µg (12.89%), Vitamin B1: 0.16mg (10.66%), Phosphorus: 102.74mg (10.27%), Vitamin B12: 0.51µg (8.55%), Vitamin C: 6.67mg (8.08%), Vitamin B2: 0.12mg (6.81%), Vitamin B3: 1.02mg (5.12%), Zinc: 0.76mg (5.05%), Vitamin E: 0.72mg (4.77%), Vitamin B6: 0.09mg (4.32%), Vitamin B5: 0.4mg (4.03%), Potassium: 99.86mg (2.85%), Iron: 0.42mg (2.31%), Copper: 0.04mg (1.99%), Magnesium: 7.82mg (1.95%), Vitamin A: 82.65IU (1.65%), Folate: 6.09µg (1.52%), Vitamin D: 0.22µg (1.47%), Manganese: 0.02mg (1.2%)