



## Ham Salad Tea Sandwiches



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound baked ham chopped
- ☐ 3 hard-cooked eggs grated peeled
- ☐ 0.7 cup mayonnaise
- ☐ 0.5 cup sweet-hot pickled okra finely chopped
- ☐ 3 servings salt and pepper to taste

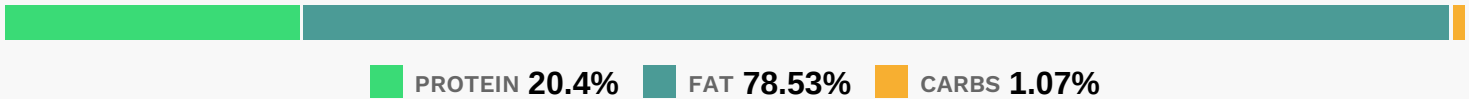
## Equipment

- ☐ 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, and stir in eggs, mayonnaise, and pickled okra.
- ☐ Add salt and pepper to taste.
- ☐ Spread on: rye bread slices.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:24.170435096907%

## Flavonoids

Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

## Nutrients (% of daily need)

Calories: 788.9kcal (39.44%), Fat: 67.93g (104.5%), Saturated Fat: 16.5g (103.15%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.09g (1.21%), Cholesterol: 301.15mg (100.38%), Sodium: 2367.76mg (102.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.7g (79.41%), Vitamin K: 86.5µg (82.39%), Selenium: 50.98µg (72.83%), Vitamin B1: 0.98mg (65.33%), Phosphorus: 430.18mg (43.02%), Vitamin B2: 0.61mg (35.89%), Vitamin B3: 6.94mg (34.72%), Vitamin B6: 0.67mg (33.74%), Zinc: 4.2mg (28.03%), Vitamin B12: 1.58µg (26.37%), Vitamin E: 2.74mg (18.25%), Potassium: 555.25mg (15.86%), Vitamin B5: 1.52mg (15.16%), Vitamin D: 2.26µg (15.05%), Iron: 2.12mg (11.78%), Magnesium: 43.73mg (10.93%), Folate: 39.02µg (9.76%), Manganese: 0.17mg (8.47%), Vitamin A: 411.69IU (8.23%), Copper: 0.16mg (7.99%), Calcium: 53.35mg (5.34%), Vitamin C: 3.83mg (4.65%), Fiber: 0.53g (2.13%)