



Homemade Deviled Ham Sandwiches

 **Gluten Free**  **Dairy Free**

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound ham cooked cut into chunks
- ☐ 0.1 teaspoon ground pepper white
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon mustard prepared
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.3 onion sliced
- ☐ 0.5 teaspoon paprika
- ☐ 1 dash pepper sauce hot to taste tabasco® such as

- ☐ 3 tablespoons creamy salad dressing low-fat miracle whip light® such as
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

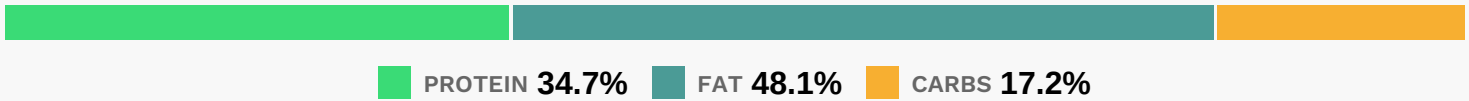
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place ham and onion into a food processor and process until very finely chopped.
- ☐ Transfer ham mixture to a bowl. Thoroughly mix in salad dressing, honey, prepared mustard, Worcestershire sauce, dry mustard powder, hot pepper sauce, paprika, salt, and white pepper.
- ☐ Refrigerate ham spread covered until ready to use.

Nutrition Facts



Properties

Glycemic Index:21.05, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:4.7752174139023%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 85.61kcal (4.28%), Fat: 4.53g (6.97%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.42g (1.24%), Sugar: 3.02g (3.35%), Cholesterol: 27.59mg (9.2%), Sodium: 577.58mg (25.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin B1: 0.21mg (13.96%), Selenium: 8.66µg (12.37%), Phosphorus: 117.71mg (11.77%), Vitamin C: 9.37mg (11.35%), Vitamin B12: 0.53µg (8.88%), Vitamin B3: 1.4mg (7.02%), Zinc: 0.9mg (5.97%), Vitamin B2: 0.1mg (5.7%), Vitamin B6: 0.11mg (5.64%), Vitamin K: 4.11µg (3.92%), Potassium: 135.58mg (3.87%), Vitamin B5: 0.35mg (3.47%), Iron: 0.5mg (2.76%), Magnesium: 10.89mg (2.72%), Copper: 0.05mg (2.67%), Manganese: 0.04mg (2.2%), Vitamin A: 86.21IU (1.72%), Vitamin E: 0.22mg (1.49%)