



Homemade Deviled Ham Spread



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



74 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pinch caraway seeds to taste
- ☐ 0.3 cup celery finely chopped
- ☐ 0.5 teaspoon celery salt
- ☐ 1.5 cups ham cubed cooked
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 3 tablespoons mayonnaise
- ☐ 2 teaspoons mustard prepared

- ☐ 0.3 cup onion finely chopped
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 5 drops pepper sauce hot

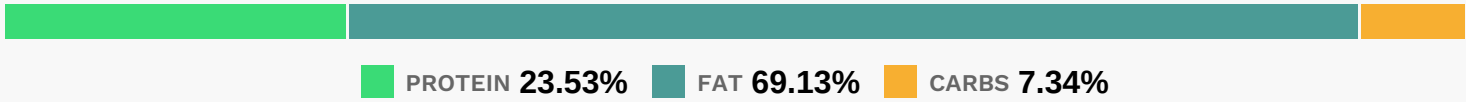
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ immersion blender

Directions

- ☐ Place ham, mayonnaise, mustard, hot pepper sauce, garlic powder, onion powder, celery salt, black pepper, paprika, and caraway seeds in a large mixing bowl. Stir to combine.
- ☐ Use an immersion blender or food processor to puree the ingredients to your desired texture; stir in onion and celery. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.3991304639241%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 73.72kcal (3.69%), Fat: 5.64g (8.68%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.35g (0.39%), Cholesterol: 17.67mg (5.89%), Sodium: 456.93mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin K: 9.85µg (9.38%), Vitamin B1: 0.12mg (8.14%), Vitamin C: 5.97mg (7.23%), Selenium: 4.93µg (7.05%), Phosphorus: 70.25mg (7.03%), Vitamin B12: 0.31µg (5.08%), Vitamin B3: 0.8mg (4%), Vitamin B6: 0.08mg (3.82%), Zinc: 0.54mg (3.58%), Vitamin B2: 0.06mg (3.46%),

Potassium: 92.03mg (2.63%), Manganese: 0.05mg (2.62%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (1.83%), Magnesium: 7.31mg (1.83%), Iron: 0.32mg (1.79%), Vitamin A: 82.29IU (1.65%), Vitamin E: 0.23mg (1.54%), Fiber: 0.39g (1.54%)