



## Lucy's Ham Spread

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**95 min.**

SERVINGS



**14**

CALORIES



**229 kcal**

CONDIMENT

DIP

SPREAD

## Ingredients

- 8 ounce tomato sauce canned
- 2 tablespoons catsup
- 1 tablespoon mustard prepared
- 1 pound processed cheese food cubed velveeta® (such as )
- 2 tablespoons quick-cooking tapioca
- 3 pounds ham smoked cut into chunks
- 1 teaspoon vinegar
- 1 teaspoon worcestershire sauce

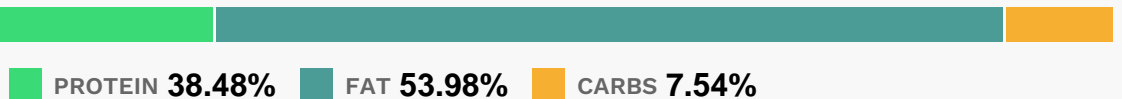
## Equipment

- food processor
- bowl
- sauce pan

## Directions

- Place ham into a saucepan and cover with water. Bring to a boil, reduce heat to medium, and boil ham gently for 15 minutes.
- Drain and allow ham to cool.
- Place ham into a food processor and pulse several times to grind the meat to your desired texture.
- Stir tomato sauce, tapioca, ketchup, mustard, vinegar, and Worcestershire sauce in a large saucepan over low heat; melt cheese food in the tomato sauce mixture and stir all ingredients smoothly together. Do not allow to simmer.
- Combine melted cheese food mixture with ground ham in a large bowl; stir thoroughly. Chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:8.2160869681317%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 229.47kcal (11.47%), Fat: 13.89g (21.36%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 4.07g (1.48%), Sugar: 1.92g (2.13%), Cholesterol: 79.05mg (26.35%), Sodium: 1834.97mg (79.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Phosphorus: 440.51mg (44.05%), Calcium: 352.04mg (35.2%), Zinc: 2.61mg (17.42%), Copper: 0.27mg (13.52%), Magnesium: 41.84mg (10.46%), Potassium: 362.44mg (10.36%), Selenium: 7.03µg (10.04%), Iron: 1.67mg (9.28%), Vitamin B12: 0.49µg (8.1%), Vitamin A: 388.41IU (7.77%), Vitamin B2: 0.09mg (5.36%), Vitamin E: 0.53mg (3.52%), Manganese: 0.04mg (1.87%),

Vitamin B6: 0.04mg (1.87%), Vitamin B5: 0.18mg (1.85%), Vitamin C: 1.28mg (1.55%), Vitamin K: 1.38µg (1.31%),  
Vitamin D: 0.19µg (1.3%), Fiber: 0.3g (1.18%), Vitamin B3: 0.22mg (1.12%), Folate: 4.35µg (1.09%)