



Mini Ham-Salad Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 rib celery stalks thinly sliced
- ☐ 2 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 12 ounces ham lean chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup pickle relish sweet
- ☐ 12 slices sandwich bread whole-wheat white thin

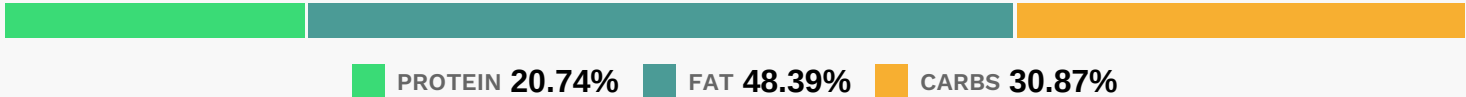
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place eggs in a pan; cover with cold water. Bring to a boil.
- ☐ Remove from heat, cover and let stand for 12 minutes. Rinse with cold water until eggs are cool, peel eggs and chop.
- ☐ Place in a large bowl.
- ☐ Add ham, relish, celery and parsley to bowl with eggs. Gently stir in lemon juice and mayonnaise until blended.
- ☐ Spread 6 slices of bread with about 1/3 cup each of ham mixture. Top with remaining bread slices and press to adhere.
- ☐ Cut sandwiches diagonally into triangles, then cut each in half.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:5.984347846197%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 149.77kcal (7.49%), Fat: 7.97g (12.27%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.92g (3.97%), Sugar: 2.33g (2.59%), Cholesterol: 40.43mg (13.48%), Sodium: 431.31mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Vitamin K: 18.35µg (17.48%), Selenium: 11.92µg

(17.03%), Vitamin B1: 0.24mg (16.1%), Vitamin B3: 1.99mg (9.93%), Phosphorus: 86.11mg (8.61%), Vitamin B2: 0.13mg (7.73%), Folate: 27.3µg (6.82%), Manganese: 0.13mg (6.27%), Iron: 1.06mg (5.91%), Vitamin B6: 0.12mg (5.89%), Zinc: 0.81mg (5.37%), Calcium: 48.79mg (4.88%), Vitamin B12: 0.21µg (3.48%), Vitamin B5: 0.32mg (3.24%), Potassium: 103.56mg (2.96%), Magnesium: 11.09mg (2.77%), Vitamin A: 133.95IU (2.68%), Copper: 0.05mg (2.68%), Vitamin E: 0.35mg (2.32%), Fiber: 0.53g (2.11%), Vitamin D: 0.3µg (2%), Vitamin C: 1.14mg (1.38%)