



Mom's Sandwich Spread



Vegetarian



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



199 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 teaspoon plus light



1 cup mayonnaise



2 tablespoons relish sweet

Equipment

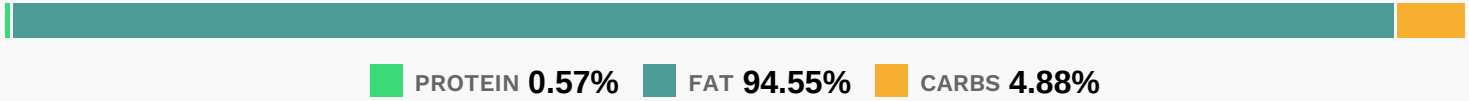


bowl

Directions

- ☐
- Place bologna in a medium bowl.
- ☐
- Mix in mayonnaise a few tablespoons at a time until the desired consistency is reached. Stir in light corn syrup and sweet pickle relish. Cover and chill in the refrigerator at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:2.6243477828153%

Nutrients (% of daily need)

Calories: 198.81kcal (9.94%), Fat: 20.96g (32.25%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.39g (0.87%), Sugar: 2.21g (2.46%), Cholesterol: 11.76mg (3.92%), Sodium: 208.99mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%), Vitamin K: 48.78µg (46.46%), Vitamin E: 0.94mg (6.27%), Vitamin A: 63.88IU (1.28%)