



Mom's Sandwich Spread



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



373 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound un bologna
- ☐ 1 teaspoon plus light
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons relish sweet

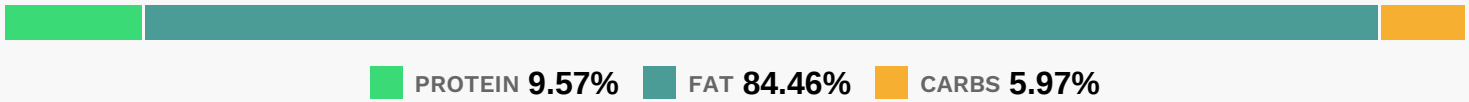
Equipment

- ☐ 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:7.4517391473055%

Nutrients (% of daily need)

Calories: 373.45kcal (18.67%), Fat: 34.91g (53.7%), Saturated Fat: 8.55g (53.45%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.51g (2%), Sugar: 4.72g (5.24%), Cholesterol: 45.78mg (15.26%), Sodium: 753.3mg (32.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Vitamin K: 48.95µg (46.62%), Selenium: 14.6µg (20.86%), Vitamin B12: 1.07µg (17.76%), Phosphorus: 98.82mg (9.88%), Zinc: 1.36mg (9.05%), Vitamin B6: 0.17mg (8.56%), Vitamin B1: 0.13mg (8.44%), Vitamin B3: 1.44mg (7.19%), Vitamin B2: 0.11mg (6.56%), Vitamin E: 0.94mg (6.27%), Potassium: 185.15mg (5.29%), Calcium: 50.71mg (5.07%), Iron: 0.78mg (4.32%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.28mg (2.84%), Magnesium: 10.12mg (2.53%), Vitamin A: 111.5IU (2.23%), Copper: 0.04mg (1.9%), Folate: 4.84µg (1.21%)