



Turkey Ham Puffs



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon ground mustard dry
- ☐ 1 large egg whites
- ☐ 2 slices ham
- ☐ 2 tablespoons mayonnaise fat-free

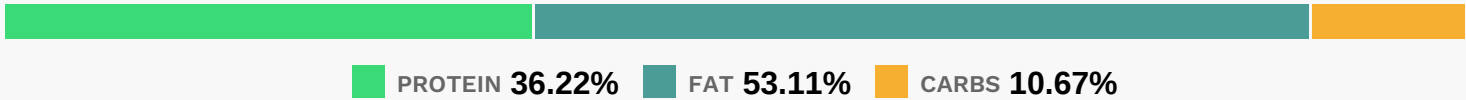
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 35
- ☐ Spray rectangular pan, 10x6x1 1/2 inches, with cooking spray.
- ☐ Place turkey ham slices in pan. In small bowl, beat egg and mustard on high speed until stiff peaks form; fold mayonnaise into egg mixture.
- ☐ Spread evenly over turkey ham slices.
- ☐ Bake uncovered 10 minutes or until tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3634782282069%

Nutrients (% of daily need)

Calories: 89.01kcal (4.45%), Fat: 5.15g (7.92%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.57g (1.74%), Cholesterol: 18.62mg (6.21%), Sodium: 470.09mg (20.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Selenium: 9.96µg (14.23%), Vitamin B1: 0.17mg (11.33%), Vitamin B2: 0.14mg (8.04%), Phosphorus: 64.13mg (6.41%), Vitamin B3: 1.27mg (6.36%), Vitamin B6: 0.11mg (5.39%), Zinc: 0.67mg (4.46%), Vitamin K: 3.46µg (3.3%), Potassium: 114.76mg (3.28%), Vitamin B12: 0.19µg (3.23%), Magnesium: 7.88mg (1.97%), Vitamin B5: 0.16mg (1.6%), Iron: 0.29mg (1.58%), Copper: 0.03mg (1.53%), Vitamin D: 0.2µg (1.31%), Fiber: 0.28g (1.13%)