



Virginia Ham and Melon Apple Chutney on Corn Bread Rounds

READY IN



300 min.

SERVINGS



24

CALORIES



65 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup melon apple chutney
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 lb virginia country ham cooked sliced cut into 1 1/2- by 1/3-inch strips
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 5 tablespoons butter unsalted cooled melted
- ☐ 0.7 cup cornmeal yellow

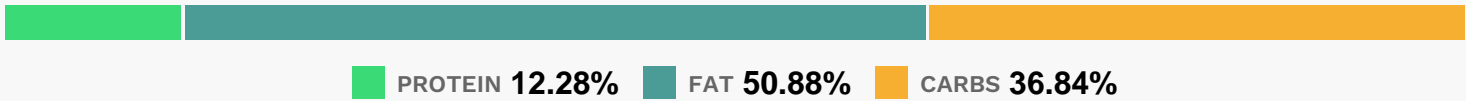
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ cookie cutter
- ☐ offset spatula

Directions

- ☐ Put oven rack in middle position and preheat to 350°F.
- ☐ Whisk together cornmeal, flour, sugar, baking powder, and salt in a bowl.
- ☐ Whisk together butter, milk, and egg in a small bowl, then add to cornmeal mixture and stir just until combined.
- ☐ Spread (or pat out) batter in a very thin even layer in a well-greased 13- by 9- by 2-inch metal baking pan (preferably using an offset spatula).
- ☐ Bake until firm and pale golden, 20 to 25 minutes.
- ☐ Cut out 24 rounds from hot corn bread with cookie cutter and transfer rounds to a rack to cool. (Reserve remaining corn bread for another use.)
- ☐ Spread each round with a thin layer of mustard and top with a few strips of ham and about 1 teaspoon chutney.
- ☐ •Corn bread rounds can be made 1 day ahead and cooled, then kept in an airtight container at room temperature.*Available at Edwards (800-222-4267).

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:3.72, Inflammation Score:-1, Nutrition Score:1.7139130493869%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 65.41kcal (3.27%), Fat: 3.72g (5.73%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.49g (1.99%), Sugar: 1.43g (1.59%), Cholesterol: 17.1mg (5.7%), Sodium: 131.12mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Selenium: 3.05µg (4.36%), Vitamin B1: 0.06mg (3.98%), Phosphorus: 31.47mg (3.15%), Vitamin B6: 0.05mg (2.55%), Manganese: 0.05mg (2.39%), Fiber: 0.58g (2.31%), Vitamin B2: 0.04mg (2.18%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.3mg (2.02%), Iron: 0.32mg (1.8%), Magnesium: 7.22mg (1.8%), Vitamin A: 88.46IU (1.77%), Folate: 6.05µg (1.51%), Potassium: 39.75mg (1.14%), Copper: 0.02mg (1.04%), Calcium: 10.14mg (1.01%), Vitamin B12: 0.06µg (1.01%), Vitamin B5: 0.1mg (1.01%)