



Winter Blossom's Often Requested Ham Salad



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown mustard
- ☐ 1.5 pounds ham cooked chopped
- ☐ 0.3 cup dill pickle relish
- ☐ 0.3 cup onion dried minced

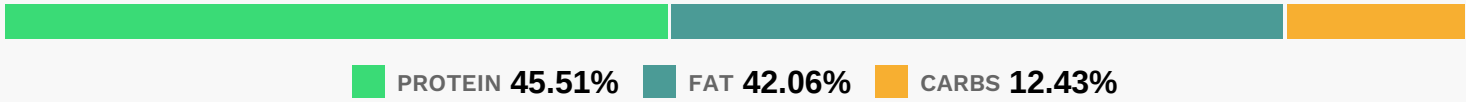
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Process the ham in a food processor until finely chopped but not pasty, about 6 or 7 pulses. You may need to do this in batches.
- ☐ Place the finely chopped ham in a large bowl and continue processing the remaining ham.
- ☐ Add the mayonnaise, onions, relish, and mustard to the processed ham.
- ☐ Mix well and, if the mixture is too dry, add more mayonnaise. Refrigerate until serving. The dried onions absorb some of the moisture from the mayonnaise and relish so you may need to add more mayonnaise before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.6478259641191%

Nutrients (% of daily need)

Calories: 98.62kcal (4.93%), Fat: 4.54g (6.98%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.62g (0.68%), Cholesterol: 41.39mg (13.8%), Sodium: 729.21mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.11%), Vitamin B1: 0.31mg (21%), Phosphorus: 177.13mg (17.71%), Selenium: 12.34µg (17.64%), Vitamin C: 14.48mg (17.55%), Vitamin B12: 0.8µg (13.32%), Vitamin B3: 2.09mg (10.44%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.17mg (8.65%), Vitamin B2: 0.14mg (8.27%), Potassium: 193.53mg (5.53%), Vitamin B5: 0.52mg (5.21%), Magnesium: 16.48mg (4.12%), Copper: 0.08mg (3.99%), Iron: 0.64mg (3.54%), Manganese: 0.06mg (3.08%), Folate: 5.16µg (1.29%), Fiber: 0.31g (1.22%)