

Ham Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 1 1/2 cups

*1 cup ground lean cooked ham
1/2 cup sour cream
2 tablespoons chives or scallions
(include two inches of green tops),
finely chopped
1/4 teaspoon (or to taste) Dijon-style
mustard
salt (to taste)
freshly ground pepper (to taste)*

In a bowl, combine all of the ingredients. Mix until thoroughly blended.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 249 Calories; 24g Fat (85.9% calories from fat); 4g Protein; 5g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 108mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	249
% Calories from Fat:	85.9%
% Calories from Carbohydrates:	8.1%
% Calories from Protein:	6.0%
Total Fat (g):	24g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	51mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	108mg
Potassium (mg):	170mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 137mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 909IU
Vitamin A (r.e.): 272 1/2RE

Non-Fat Milk: 1/2
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 249 Calories from Fat: 214

% Daily Values*

Total Fat	24g	37%
Saturated Fat	15g	75%
Cholesterol	51mg	17%
Sodium	108mg	5%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	0%
Protein	4g	

Vitamin A	18%
Vitamin C	2%
Calcium	14%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.