

# Ham and Corn Relish Ribbons (sandwiches)

*The Essential Appetizers Cookbook (1999)*  
Whitecap Books

**Yield: 24 ribbon sandwiches**

- 1 cup sour cream*
- 1/2 cup corn relish*
- 16 slices white bread*
- 8 slices dark seed bread*
- sliced ham*

In a bowl, mix the sour cream with the corn relish. Spread on eight slices of white bread.

Top each with a slice of the dark bread.

Top with sliced ham.

Sandwich with a buttered slice of white bread.

Remove the crusts. Slice each sandwich into three.

---

Per Serving (excluding unknown items): 1755 Calories; 63g Fat (32.5% calories from fat); 42g Protein; 254g Carbohydrate; 13g Dietary Fiber; 106mg Cholesterol; 2771mg Sodium. Exchanges: 13 Grain(Starch); 1/2 Non-Fat Milk; 13 Fat; 3 Other Carbohydrates.

Appetizers

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1755	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	32.5%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	57.9%	<b>Thiamin B1 (mg):</b>	1.9mg
<b>% Calories from Protein:</b>	9.6%	<b>Riboflavin B2 (mg):</b>	1.7mg
<b>Total Fat (g):</b>	63g	<b>Folacin (mcg):</b>	190mcg
<b>Saturated Fat (g):</b>	33g	<b>Niacin (mg):</b>	17mg
<b>Monounsaturated Fat (g):</b>	21g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	5g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	106mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	254g		

**Food Exchanges**

**Dietary Fiber (g):** 13g  
**Protein (g):** 42g  
**Sodium (mg):** 2771mg  
**Potassium (mg):** 1067mg  
**Calcium (mg):** 718mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 43mg  
**Vitamin A (i.u.):** 2622IU  
**Vitamin A (r.e.):** 626RE

**Grain (Starch):** 13  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 13  
**Other Carbohydrates:** 3

---

## Nutrition Facts

---

### Amount Per Serving

**Calories** 1755 Calories from Fat: 570

---

### % Daily Values\*

<b>Total Fat</b>	63g		98%
Saturated Fat	33g		167%
<b>Cholesterol</b>	106mg		35%
<b>Sodium</b>	2771mg		115%
<b>Total Carbohydrates</b>	254g		85%
Dietary Fiber	13g		51%
<b>Protein</b>	42g		
<hr/>			
<b>Vitamin A</b>			52%
<b>Vitamin C</b>			72%
<b>Calcium</b>			72%
<b>Iron</b>			73%

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