



All-American Ham Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

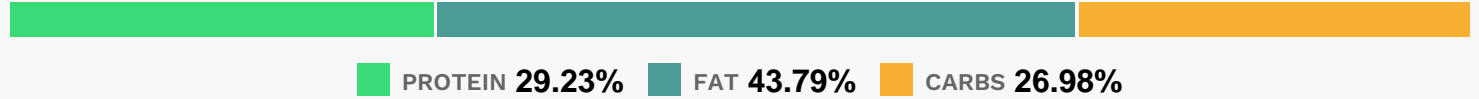
- 4 slices oscar mayer deli ham smoked fresh
- 1 singles kraft
- 1 romaine leaves
- 1 Tbsp miracle whip dressing light
- 2 slices multi-grain bread
- 2 slices tomatoes thin

Equipment

Directions

- Spread 1 of the bread slices with dressing.
- Top with 1 lettuce piece, the ham, Singles, tomatoes and remaining lettuce piece; cover with remaining bread slice.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:1.5, Inflammation Score:-2, Nutrition Score:2.3930434584618%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 44.26kcal (2.21%), Fat: 2.13g (3.28%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.58g (0.65%), Cholesterol: 7.1mg (2.37%), Sodium: 172.99mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Manganese: 0.13mg (6.72%), Vitamin B1: 0.09mg (6.24%), Selenium: 4µg (5.72%), Vitamin A: 226.12IU (4.52%), Vitamin B3: 0.79mg (3.95%), Phosphorus: 38.83mg (3.88%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.37mg (2.5%), Vitamin B2: 0.04mg (2.22%), Magnesium: 7.35mg (1.84%), Potassium: 64.51mg (1.84%), Fiber: 0.46g (1.82%), Iron: 0.28mg (1.55%), Vitamin C: 1.17mg (1.42%), Copper: 0.03mg (1.26%), Calcium: 12.12mg (1.21%), Vitamin B12: 0.07µg (1.19%), Folate: 4.41µg (1.1%)