



All-American Hero

READY IN



10 min.

SERVINGS



1

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

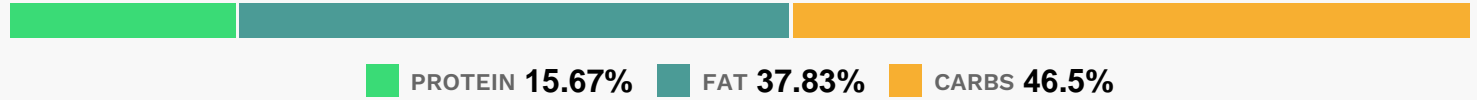
- 1 hot dog bun
- 1 singles kraft
- 0.3 cup lettuce shredded
- 1 Tbsp classic ranch dressing kraft
- 3 slices tomatoes
- 1 slice oscar mayer turkey bologna

Equipment

Directions

- Toss lettuce with dressing.
- Fill bun with bologna, Singles, tomatoes and lettuce mixture.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:13.66, Inflammation Score:-6, Nutrition Score:11.066956536925%

Flavonoids

Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 223.18kcal (11.16%), Fat: 9.39g (14.45%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 24.02g (8.74%), Sugar: 6.36g (7.07%), Cholesterol: 15.05mg (5.02%), Sodium: 381.03mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Vitamin K: 32.88µg (31.31%), Selenium: 15.35µg (21.93%), Vitamin B1: 0.28mg (18.51%), Manganese: 0.36mg (17.9%), Vitamin B3: 3.45mg (17.26%), Vitamin A: 801.42IU (16.03%), Folate: 58.99µg (14.75%), Vitamin C: 12.16mg (14.73%), Phosphorus: 131.03mg (13.1%), Vitamin B2: 0.19mg (11.19%), Iron: 1.93mg (10.71%), Vitamin B6: 0.2mg (9.75%), Potassium: 315.35mg (9.01%), Calcium: 85.54mg (8.55%), Fiber: 1.96g (7.82%), Vitamin E: 0.93mg (6.21%), Magnesium: 24.51mg (6.13%), Copper: 0.11mg (5.66%), Zinc: 0.8mg (5.31%), Vitamin B12: 0.3µg (4.95%), Vitamin B5: 0.33mg (3.32%)