



Apple Slaw and Ham Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon caraway seeds crushed
- 0.3 teaspoon celery seeds
- 1 teaspoon dijon mustard
- 1 cup cabbage shredded green
- 0.5 pound honey ham lean thinly sliced
- 2 teaspoons juice of lemon
- 2 tablespoons mayonnaise light
- 1 ounce pumpernickel bread toasted
- 1 apples red sliced

2 tablespoons cup heavy whipping cream fat-free sour

0.3 teaspoon sugar

Equipment

bowl

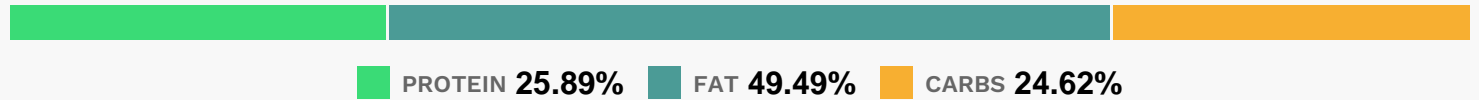
Directions

To make slaw, combine first 8 ingredients in a small bowl, stirring well.

Divide ham evenly among 4 toasted bread slices.

Place apple slices evenly over ham. Top with cabbage slaw and remaining 4 bread slices.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:8.9173912587373%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 207.81kcal (10.39%), Fat: 11.48g (17.66%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 10.73g (3.9%), Sugar: 5.93g (6.59%), Cholesterol: 36.81mg (12.27%), Sodium: 799.21mg (34.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.02%), Vitamin B1: 0.39mg (25.94%), Selenium: 15.62µg (22.31%), Vitamin K: 18.14µg (17.27%), Phosphorus: 153.2mg (15.32%), Vitamin B3: 2.85mg (14.27%), Vitamin B6: 0.27mg (13.48%), Vitamin C: 9.52mg (11.54%), Vitamin B2: 0.18mg (10.4%), Zinc: 1.53mg (10.2%), Fiber: 2.11g (8.45%), Manganese: 0.16mg (8.07%), Potassium: 273.14mg (7.8%), Vitamin B12: 0.38µg (6.35%),

Magnesium: 21.34mg (5.33%), Iron: 0.94mg (5.23%), Folate: 18.73µg (4.68%), Copper: 0.09mg (4.47%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.51mg (3.39%), Calcium: 30.45mg (3.04%), Vitamin D: 0.4µg (2.65%), Vitamin A: 63.48IU (1.27%)