



## Apple-Waffle Sandwich

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 small apples sliced
- 6 slices oscar mayer deli ham smoked fresh
- 2 waffles frozen cooled toasted
- 1 singles kraft
- 2 tsp pancake syrup

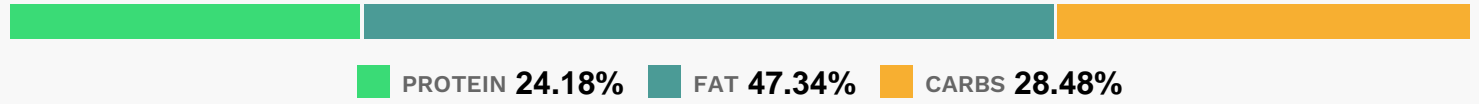
### Equipment

- plastic wrap
- aluminum foil

## Directions

- Top 1 waffle with Singles, ham and apple slices. Cover with second waffle.
- Wrap sandwich in plastic wrap or foil.
- Pour syrup into sealable plastic container. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.4, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:5.2452173803164%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 136.9kcal (6.84%), Fat: 7.18g (11.05%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 9.2g (3.35%), Sugar: 1.94g (2.16%), Cholesterol: 24.62mg (8.21%), Sodium: 486.36mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.51%), Vitamin B1: 0.27mg (17.9%), Phosphorus: 119.49mg (11.95%), Vitamin B3: 2.37mg (11.84%), Vitamin B6: 0.22mg (10.96%), Selenium: 7.65µg (10.92%), Vitamin B2: 0.15mg (8.93%), Vitamin B12: 0.47µg (7.78%), Iron: 1.24mg (6.87%), Zinc: 0.86mg (5.74%), Vitamin A: 227.03IU (4.54%), Calcium: 37.21mg (3.72%), Potassium: 124.64mg (3.56%), Folate: 14.06µg (3.51%), Magnesium: 9.56mg (2.39%), Fiber: 0.53g (2.1%), Copper: 0.04mg (1.89%), Vitamin D: 0.25µg (1.66%), Vitamin B5: 0.16mg (1.63%)