



## Barbecued Spam Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 cups barbeque sauce
- ☐ 1 cup coleslaw prepared
- ☐ 1 loaf bread split french toasted cut into 4 pieces, and
- ☐ 12 ounce luncheon meat fully cooked

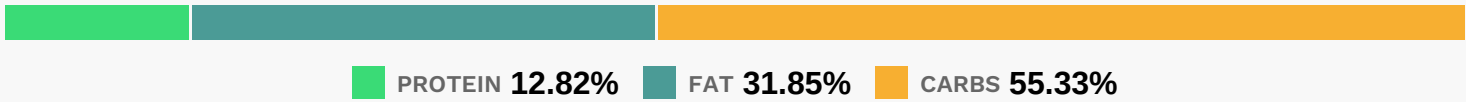
### Equipment

- ☐ frying pan

# Directions

- ☐ Slice the lunch meat into thin slices.
- ☐ Combine the sliced lunch meat and barbeque sauce in a large skillet over medium heat. Cook until heated through. Spoon meat and sauce onto the bottom halves of the toasted bread. Top with coleslaw, and then the other half of the pieces of bread.

## Nutrition Facts



## Properties

Glycemic Index:31.13, Glycemic Load:40.26, Inflammation Score:-6, Nutrition Score:22.030435043833%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 728.75kcal (36.44%), Fat: 25.74g (39.59%), Saturated Fat: 9.08g (56.75%), Carbohydrates: 100.59g (33.53%), Net Carbohydrates: 96.98g (35.27%), Sugar: 40.79g (45.32%), Cholesterol: 60.38mg (20.13%), Sodium: 2909.01mg (126.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Selenium: 49.52µg (70.75%), Vitamin B1: 1.01mg (67.66%), Vitamin B3: 8.5mg (42.52%), Vitamin B2: 0.64mg (37.87%), Manganese: 0.69mg (34.36%), Folate: 135.22µg (33.81%), Iron: 5.22mg (29.02%), Phosphorus: 259.42mg (25.94%), Potassium: 743.42mg (21.24%), Vitamin B6: 0.39mg (19.73%), Zinc: 2.61mg (17.37%), Vitamin K: 15.93µg (15.17%), Magnesium: 59.95mg (14.99%), Fiber: 3.6g (14.41%), Copper: 0.28mg (13.8%), Vitamin E: 1.45mg (9.68%), Calcium: 94.39mg (9.44%), Vitamin C: 7.05mg (8.54%), Vitamin B12: 0.38µg (6.38%), Vitamin B5: 0.55mg (5.47%), Vitamin A: 257.39IU (5.15%), Vitamin D: 0.51µg (3.4%)