



Berry-Best" Ham Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

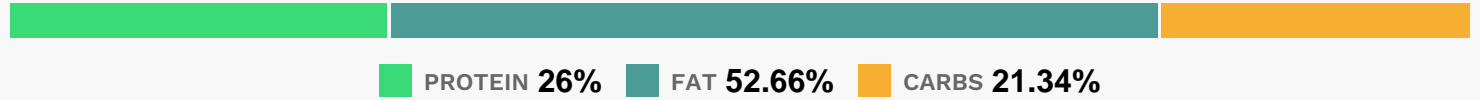
- 0.5 cup baby spinach leaves
- 10 slices oscar mayer deli bold brown sugar ham fresh
- 0.5 tsp orange zest
- 2 Tbsp cranberry sauce
- 4 slices bread whole wheat
- 0.3 cup philadelphia

Equipment

Directions

- Spread bread with reduced-fat cream cheese, then cranberry sauce.
- Sprinkle 2 bread slices with zest; top with ham, spinach and remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:12.87, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:5.2456521754679%

Flavonoids

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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 121.56kcal (6.08%), Fat: 7.06g (10.86%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.68g (2.07%), Sugar: 1.67g (1.85%), Cholesterol: 23.09mg (7.7%), Sodium: 401.92mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Vitamin B1: 0.22mg (14.34%), Selenium: 9.76µg (13.95%), Manganese: 0.26mg (12.95%), Phosphorus: 90.61mg (9.06%), Vitamin B3: 1.77mg (8.83%), Vitamin K: 8.28µg (7.89%), Vitamin B6: 0.14mg (6.86%), Zinc: 0.88mg (5.89%), Vitamin B2: 0.1mg (5.71%), Vitamin A: 218.89IU (4.38%), Magnesium: 15.72mg (3.93%), Potassium: 124.99mg (3.57%), Iron: 0.59mg (3.28%), Vitamin B12: 0.19µg (3.19%), Fiber: 0.75g (2.99%), Calcium: 27.46mg (2.75%), Copper: 0.05mg (2.62%), Vitamin B5: 0.24mg (2.39%), Folate: 9.02µg (2.26%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.2µg (1.31%)