



## Big-Island Hammy Sammy

READY IN



10 min.

SERVINGS



10

CALORIES



40 kcal

SIDE DISH

### Ingredients

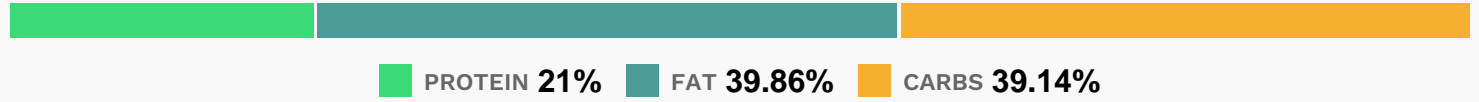
- 1 Tbsp chipotle aioli kraft
- 2 oz oscar mayer carving board slow ham cooked
- 1 Tbsp pineapple in juice canned crushed drained
- 1 onion red separated thin
- 1 big sharp cheddar cheese kraft
- 0.3 cup tightly spinach fresh packed
- 2 slices honey wheat bread

### Equipment

## Directions

- Spread bread slices with aioli.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:15.57, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:2.0200000042501%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

## Nutrients (% of daily need)

Calories: 40.4kcal (2.02%), Fat: 1.76g (2.71%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.33g (1.21%), Sugar: 0.93g (1.03%), Cholesterol: 4.08mg (1.36%), Sodium: 107.27mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Manganese: 0.14mg (7.06%), Vitamin B1: 0.06mg (4.21%), Selenium: 2.83µg (4.04%), Vitamin K: 4.12µg (3.92%), Phosphorus: 28.12mg (2.81%), Vitamin B3: 0.52mg (2.62%), Vitamin B6: 0.05mg (2.47%), Fiber: 0.56g (2.23%), Magnesium: 7.33mg (1.83%), Zinc: 0.26mg (1.72%), Vitamin B2: 0.03mg (1.59%), Folate: 6.16µg (1.54%), Potassium: 52.37mg (1.5%), Vitamin A: 72.46IU (1.45%), Vitamin C: 1.16mg (1.41%), Calcium: 13.74mg (1.37%), Iron: 0.24mg (1.34%), Copper: 0.02mg (1.21%)