



Blue Ribbon Ham Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

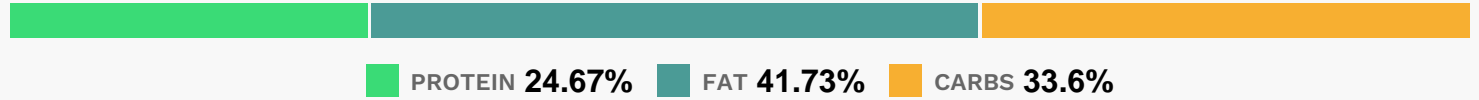
- 1 Tbsp basil fresh shredded finely
- 2 oz oscar mayer carving board slow ham cooked
- 2 slices grain bread whole
- 1 Tbsp onions red finely chopped
- 1 Tbsp mayo garlic & herb naturally reduced fat mayonnaise kraft flavored
- 0.5 cup torn salad greens
- 1 big sharp cheddar cheese kraft

Equipment

Directions

- Mix onions, basil and mayo; spread onto 1 bread slice.
- Fill bread slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:19.37, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.779130426438%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 32.61kcal (1.63%), Fat: 1.5g (2.31%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.34g (0.38%), Cholesterol: 3.84mg (1.28%), Sodium: 105.32mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Manganese: 0.13mg (6.6%), Selenium: 2.81µg (4.02%), Vitamin B1: 0.06mg (3.83%), Vitamin K: 3.81µg (3.63%), Phosphorus: 26.1mg (2.61%), Vitamin B3: 0.52mg (2.6%), Vitamin B6: 0.04mg (1.88%), Zinc: 0.25mg (1.64%), Magnesium: 6.17mg (1.54%), Fiber: 0.36g (1.45%), Vitamin B2: 0.02mg (1.41%), Iron: 0.23mg (1.27%), Calcium: 11.92mg (1.19%), Vitamin A: 58.12IU (1.16%), Potassium: 37.49mg (1.07%), Copper: 0.02mg (1.07%)