



## Bologna and Mozz Wiggles

READY IN



5 min.

SERVINGS



5

CALORIES



77 kcal

SIDE DISH

### Ingredients

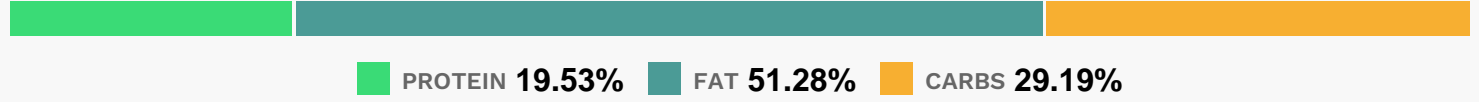
- 2 slices oscar mayer bologna
- 1 hawaiian rolls split
- 1 Tbsp miracle whip dressing
- 1 oz polly-o mozzarella string cheese kraft

### Equipment

### Directions

- Pull cheese into thin strips; set aside. Stack bologna slices; cut into very thin strips. Separate all strips.
- Spread cut sides of bun with dressing.
- Fill with bologna and cheese "wiggles."

## Nutrition Facts



### Properties

Glycemic Index:12.4, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:1.9200000264074%

### Nutrients (% of daily need)

Calories: 77.39kcal (3.87%), Fat: 4.39g (6.75%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.41g (1.97%), Sugar: 1.45g (1.61%), Cholesterol: 10.07mg (3.36%), Sodium: 219.79mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Selenium: 5.09µg (7.28%), Vitamin B1: 0.07mg (4.73%), Vitamin B12: 0.22µg (3.68%), Vitamin B3: 0.64mg (3.21%), Vitamin B2: 0.05mg (2.72%), Phosphorus: 27.1mg (2.71%), Calcium: 26.12mg (2.61%), Manganese: 0.05mg (2.48%), Iron: 0.43mg (2.41%), Folate: 8.76µg (2.19%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (1.93%), Potassium: 47.34mg (1.35%)