



Bologna Cold Plate Special

READY IN



5 min.

SERVINGS



1

CALORIES



427 kcal

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 1 slice oscar mayer bologna
- 1 jell-o chocolate pudding snack
- 5 cucumber spears
- 1 singles kraft
- 5 ritz crackers
- 0.5 cup strawberries whole

Equipment

- bowl

Directions

- Place all ingredients except barbecue sauce on serving plate.
- Drizzle bologna, Singles and cucumbers with barbecue sauce; serve with crackers. Or, pour barbecue sauce into bowl and serve as a dipping sauce for the bologna, Singles and cucumbers.
- Serve pudding as a dip for the berries.

Nutrition Facts

PROTEIN 13.97% **FAT 27.35%** **CARBS 58.68%**

Properties

Glycemic Index:55, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:39.552173998045%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 426.82kcal (21.34%), Fat: 13.23g (20.35%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 51.23g (18.63%), Sugar: 38.71g (43.01%), Cholesterol: 16.96mg (5.65%), Sodium: 809.29mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Vitamin K: 117.79µg (112.19%), Vitamin C: 90.77mg (110.02%), Manganese: 1.51mg (75.27%), Potassium: 2339.81mg (66.85%), Folate: 240.47µg (60.12%), Copper: 1.16mg (58.04%), Fiber: 12.63g (50.52%), Magnesium: 201.84mg (50.46%), Vitamin B6: 0.92mg (45.83%), Phosphorus: 435.62mg (43.56%), Vitamin B1: 0.62mg (41.15%), Vitamin B5: 3.92mg (39.18%), Vitamin B2: 0.5mg (29.69%), Calcium: 286.88mg (28.69%), Iron: 4.84mg (26.86%), Vitamin A: 1209.98IU (24.2%), Zinc: 3.48mg

(23.17%), Selenium: 9.83µg (14.05%), Vitamin B3: 2.48mg (12.38%), Vitamin E: 1.46mg (9.7%), Vitamin B12: 0.51µg (8.49%), Vitamin D: 0.22µg (1.49%)