



## Bologna Puzzle-Wich

READY IN



5 min.

SERVINGS



1

CALORIES



242 kcal

SIDE DISH

### Ingredients

- 1 slice oscar mayer bologna light
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 slices bread whole wheat

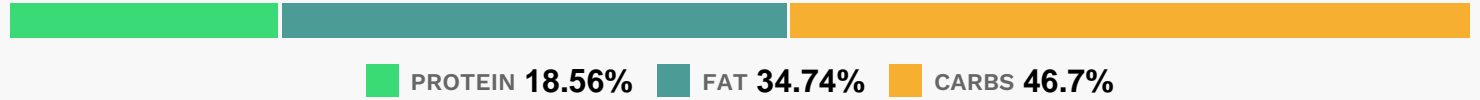
### Equipment

- knife
- plastic wrap
- cookie cutter

## Directions

- Spread 1 bread slice with dressing. Fill bread slices with remaining ingredients.
- Cut sandwich into desired shape, using a 2- to 3-inch cookie cutter. Use small knife to cut the sandwich trimmings into assorted shapes for remaining "puzzle pieces."
- Serve immediately, or wrap in plastic wrap and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:69.7, Glycemic Load:14.48, Inflammation Score:-3, Nutrition Score:11.408260916886%

## Nutrients (% of daily need)

Calories: 242.42kcal (12.12%), Fat: 9.32g (14.35%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 24.54g (8.92%), Sugar: 5.41g (6.01%), Cholesterol: 18.32mg (6.11%), Sodium: 647.35mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.42%), Manganese: 1.2mg (60.04%), Selenium: 21.36µg (30.52%), Vitamin B1: 0.28mg (18.67%), Phosphorus: 166.08mg (16.61%), Vitamin B3: 3.19mg (15.94%), Fiber: 3.66g (14.66%), Magnesium: 47.99mg (12%), Calcium: 117.24mg (11.72%), Zinc: 1.63mg (10.9%), Vitamin B6: 0.2mg (10.22%), Iron: 1.79mg (9.95%), Vitamin B2: 0.15mg (8.62%), Vitamin B12: 0.51µg (8.58%), Copper: 0.14mg (7.06%), Potassium: 237.44mg (6.78%), Folate: 25.25µg (6.31%), Vitamin B5: 0.5mg (5.04%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.22µg (1.49%)