



Bologna Squiggles Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice oscar mayer bologna
- 1 hot dog bun split
- 1 slice claussen kosher dill sandwich
- 1 Tbsp miracle whip dressing

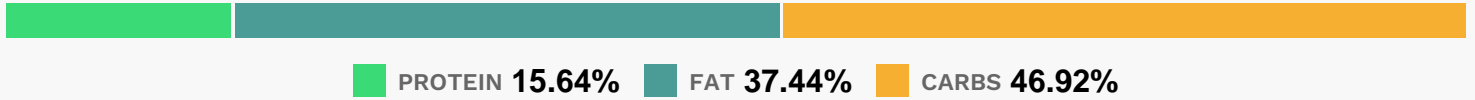
Equipment

Directions

- Cut bologna slice into very thin strips.

Spread bun with dressing. Fill with bologna and pickle.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:1.4191304386958%

Nutrients (% of daily need)

Calories: 43.67kcal (2.18%), Fat: 1.8g (2.76%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.85g (1.76%), Sugar: 1.2g (1.33%), Cholesterol: 3.65mg (1.22%), Sodium: 122.58mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Selenium: 3.69µg (5.27%), Vitamin B1: 0.06mg (3.89%), Vitamin B3: 0.5mg (2.48%), Manganese: 0.05mg (2.41%), Vitamin B2: 0.04mg (2.1%), Folate: 8.34µg (2.09%), Iron: 0.36mg (2.02%), Vitamin B12: 0.12µg (1.98%), Phosphorus: 17.91mg (1.79%), Calcium: 17.3mg (1.73%), Zinc: 0.19mg (1.27%), Vitamin B6: 0.02mg (1.1%)