



BOOlogna Snackers

READY IN



5 min.

SERVINGS



5

CALORIES



256 kcal

SIDE DISH

Ingredients

- 8 slices oscar mayer bologna
- 4 singles kraft
- 1 Tbsp heinz mustard yellow
- 2 Tbsp heinz tomato ketchup
- 8 slices bread white

Equipment

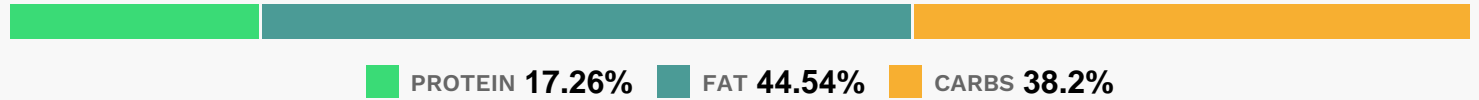
- knife
- cookie cutter

cutting board

Directions

- Layer bread, bologna and Singles as desired on cutting board.
- Cut into decorative shapes using Halloween-shaped cookie cutters or sharp knife.
- Decorate with mustard and ketchup.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:14.04, Inflammation Score:-3, Nutrition Score:8.8330435441888%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 255.87kcal (12.79%), Fat: 12.57g (19.34%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.18g (8.43%), Sugar: 5.66g (6.29%), Cholesterol: 27.01mg (9%), Sodium: 725.94mg (31.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Selenium: 21.37µg (30.53%), Vitamin B1: 0.31mg (20.43%), Vitamin B3: 3.15mg (15.74%), Vitamin B12: 0.82µg (13.59%), Manganese: 0.26mg (13.21%), Calcium: 131.09mg (13.11%), Phosphorus: 130.62mg (13.06%), Folate: 47.91µg (11.98%), Vitamin B2: 0.19mg (11.43%), Iron: 1.96mg (10.88%), Zinc: 1.43mg (9.55%), Vitamin B6: 0.18mg (9.13%), Potassium: 213.42mg (6.1%), Magnesium: 20.74mg (5.18%), Fiber: 1.07g (4.28%), Vitamin B5: 0.41mg (4.13%), Copper: 0.08mg (4.04%), Vitamin D: 0.36µg (2.39%), Vitamin A: 92.37IU (1.85%), Vitamin E: 0.2mg (1.32%)