



## Bruschetta & Ham Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 Tbsp basil fresh chopped
- 12 slices oscar mayer natural applewood ham smoked
- 2 tsp parmesan cheese grated kraft
- 2 romaine lettuce leaves
- 2 sandwich buns whole wheat split (6 inch)
- 1 Tbsp tuscan house dressing italian kraft
- 0.5 cup tomatoes chopped
- 2 Tbsp philadelphia

# Equipment

## Directions

- Combine first 4 ingredients.
- Spread bottom halves of buns with reduced-fat cream cheese.
- Fill with lettuce, ham and tomato mixture.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:6.0573912496152%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 135.32kcal (6.77%), Fat: 7.74g (11.91%), Saturated Fat: 2.86g (17.91%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.48g (2.36%), Sugar: 0.73g (0.82%), Cholesterol: 24.62mg (8.21%), Sodium: 502.65mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.01%), Selenium: 12.73µg (18.19%), Vitamin B1: 0.26mg (17.64%), Vitamin A: 631.05IU (12.62%), Vitamin B3: 2.06mg (10.28%), Phosphorus: 96.7mg (9.67%), Vitamin K: 9.91µg (9.44%), Vitamin B2: 0.13mg (7.55%), Vitamin B6: 0.15mg (7.31%), Zinc: 0.98mg (6.5%), Folate: 21.32µg (5.33%), Iron: 0.77mg (4.29%), Potassium: 148.63mg (4.25%), Manganese: 0.08mg (4.16%), Vitamin B12: 0.23µg (3.91%), Magnesium: 12.15mg (3.04%), Calcium: 28.61mg (2.86%), Copper: 0.06mg (2.86%), Vitamin B5: 0.24mg (2.36%), Fiber: 0.48g (1.92%), Vitamin E: 0.28mg (1.89%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.24µg (1.6%)