



California-Style Ham Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices avocado peeled thin
- 6 slices oscar mayer deli ham smoked fresh
- 1 tsp basil fresh chopped
- 1 romaine lettuce leaf
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread toasted
- 1 tomatoes

Equipment

Directions

- Spread toast slices with dressing; sprinkle with basil.
- Fill toast slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:43.54, Glycemic Load:3.15, Inflammation Score:-5, Nutrition Score:6.8752174532932%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 118.9kcal (5.94%), Fat: 6.25g (9.61%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.33g (1.94%), Sugar: 1.54g (1.71%), Cholesterol: 21.12mg (7.04%), Sodium: 476.17mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.87%), Vitamin B1: 0.26mg (17.28%), Selenium: 10.54µg (15.06%), Vitamin A: 716.91IU (14.34%), Manganese: 0.29mg (14.29%), Vitamin B3: 2.17mg (10.85%), Phosphorus: 103.82mg (10.38%), Vitamin K: 10.3µg (9.81%), Vitamin B6: 0.18mg (8.87%), Zinc: 1.04mg (6.91%), Vitamin B2: 0.1mg (6.01%), Potassium: 200.92mg (5.74%), Magnesium: 18.87mg (4.72%), Fiber: 1.18g (4.72%), Vitamin C: 3.71mg (4.49%), Folate: 17.61µg (4.4%), Iron: 0.72mg (3.99%), Copper: 0.07mg (3.64%), Vitamin B12: 0.22µg (3.58%), Vitamin B5: 0.27mg (2.67%), Calcium: 25.86mg (2.59%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.24µg (1.57%)