



Caribbean BBQ Ham Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

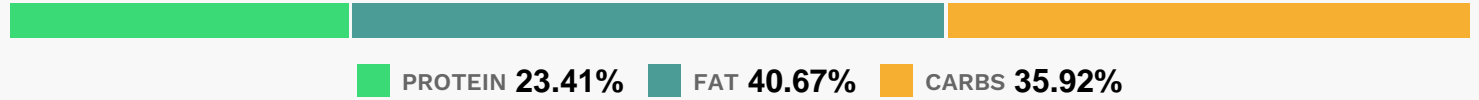
- 2 tsp spicy honey barbecue sauce kraft
- 5 slices oscar mayer deli bold brown sugar ham fresh
- 1 romaine leaves
- 2 tsp real mayo mayonnaise kraft
- 2 Tbsp well-drained pineapple in juice canned crushed
- 2 slices sourdough bread
- 1 big swiss cheese kraft

Equipment

Directions

- Spread bread slices with mayo, then barbecue sauce.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:203.5, Glycemic Load:53.05, Inflammation Score:-9, Nutrition Score:33.957826096079%

Nutrients (% of daily need)

Calories: 846.27kcal (42.31%), Fat: 37.93g (58.35%), Saturated Fat: 13.09g (81.79%), Carbohydrates: 75.38g (25.13%), Net Carbohydrates: 72.18g (26.25%), Sugar: 12.51g (13.9%), Cholesterol: 105.97mg (35.32%), Sodium: 2624.93mg (114.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.12g (98.24%), Vitamin B1: 1.8mg (119.77%), Selenium: 73.99µg (105.7%), Vitamin B3: 12.64mg (63.2%), Vitamin B2: 0.94mg (55.58%), Phosphorus: 544.62mg (54.46%), Manganese: 0.93mg (46.38%), Folate: 178.29µg (44.57%), Vitamin A: 1947.16IU (38.94%), Vitamin B6: 0.74mg (37.15%), Iron: 6.63mg (36.86%), Zinc: 5.43mg (36.21%), Calcium: 244.14mg (24.41%), Vitamin B12: 1.42µg (23.65%), Magnesium: 81.27mg (20.32%), Potassium: 672.59mg (19.22%), Copper: 0.35mg (17.41%), Vitamin K: 14.44µg (13.76%), Fiber: 3.21g (12.82%), Vitamin B5: 1.19mg (11.87%), Vitamin C: 7.38mg (8.95%), Vitamin E: 1.3mg (8.63%), Vitamin D: 1µg (6.64%)