



## Cheesy Dominos

 **Gluten Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



2

CALORIES



21 kcal

SIDE DISH

### Ingredients

- 2 slices oscar mayer beef bologna
- 2 singles kraft
- 2 Tbsp heinz tomato ketchup

### Equipment


### Directions

- Stack bologna slices alternately with Singles.

Cut into 6 domino-sized rectangles.

Dot with ketchup to resemble dominos.

## Nutrition Facts

 **PROTEIN 9.82%**  **FAT 8.71%**  **CARBS 81.47%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.82521739059492%

### Flavonoids

Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

### Nutrients (% of daily need)

Calories: 21.19kcal (1.06%), Fat: 0.23g (0.35%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.72g (1.72%), Sugar: 3.69g (4.1%), Cholesterol: 0.87mg (0.29%), Sodium: 167.84mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin A: 108.87IU (2.18%), Vitamin B2: 0.03mg (1.91%), Vitamin E: 0.25mg (1.68%), Phosphorus: 15.23mg (1.52%), Potassium: 52.83mg (1.51%), Vitamin B6: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.43%)