



Club Sandwich Skewers

 Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice bread whole wheat toasted
- 2 slices processed cheese food
- 1 slice deli turkey cooked
- 1 slice deli honey ham cooked
- 3 bamboo skewers
- 1 small slice tomatoes
- 2 slices cucumber
- 2 olives

1 toppings: such as pickles

Equipment

knife

skewers

Directions

With sharp knife, cut crust from toasted bread.

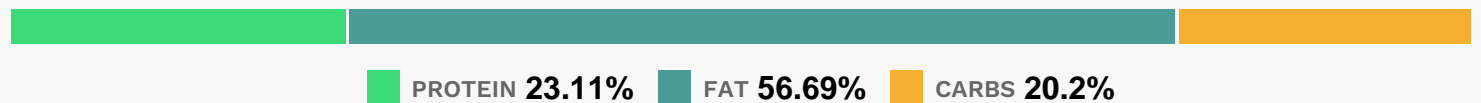
Cut toast in half lengthwise; cut each half into 3 even squares.

Cut slices of cheese, turkey and ham into similar-size squares.

Onto each bamboo skewer, thread bread square, cheese, turkey, cucumber or tomato, ham, cheese and second bread square. Top with olive or pickle.

Pack in lunch box with ice pack. Enjoy!

Nutrition Facts



Properties

Glycemic Index:60.57, Glycemic Load:2.62, Inflammation Score:-2, Nutrition Score:5.2291304546854%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 108.68kcal (5.43%), Fat: 6.89g (10.6%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.28g (1.42%), Cholesterol: 20.64mg (6.88%), Sodium: 635.59mg (27.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Calcium: 176.78mg (17.68%), Phosphorus: 141.69mg (14.17%), Manganese: 0.23mg (11.36%), Selenium: 7.39µg (10.55%), Vitamin B1: 0.11mg (7.27%), Zinc: 0.8mg (5.33%), Vitamin K: 5.5µg (5.24%), Vitamin B2: 0.08mg (4.93%), Vitamin A: 227.85IU (4.56%), Vitamin B3: 0.9mg (4.52%), Vitamin B12: 0.27µg (4.5%), Magnesium: 16.28mg (4.07%), Vitamin B6: 0.08mg (3.96%), Fiber: 0.97g (3.89%), Potassium: 118.36mg (3.38%), Iron: 0.53mg (2.93%), Copper: 0.06mg (2.91%), Vitamin E: 0.36mg (2.39%), Folate: 8.57µg (2.14%), Vitamin B5: 0.19mg (1.91%), Vitamin C: 1.3mg (1.58%)