



Club Skewers

READY IN



10 min.

SERVINGS



10

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bread toasted
- 8 cherry tomatoes
- 9 slices oscar mayer deli honey ham fresh
- 3 lettuce leaves
- 0.3 cup miracle whip dressing divided
- 3 deli deluxe process american cheese kraft
- 6 slices oscar mayer center cut bacon cooked drained

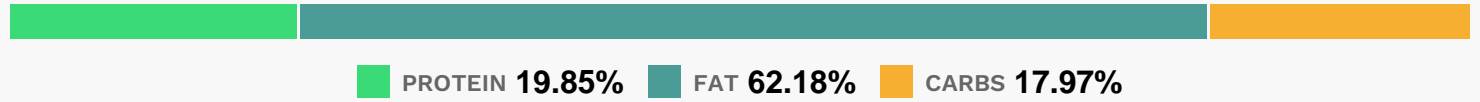
Equipment

skewers

Directions

- Spread toast with dressing; top 3 of the slices with cheese, ham, lettuce and bacon. Cover with remaining toast slices.
- Cut sandwiches into quarters; thread onto 4 skewers alternately with tomatoes.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:8.0073912869329%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 229.6kcal (11.48%), Fat: 15.75g (24.23%), Saturated Fat: 5.67g (35.46%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 9.28g (3.37%), Sugar: 2.17g (2.41%), Cholesterol: 36.75mg (12.25%), Sodium: 680.6mg (29.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Selenium: 16.28µg (23.26%), Vitamin B1: 0.29mg (19.54%), Phosphorus: 153.3mg (15.33%), Vitamin B3: 3.04mg (15.19%), Vitamin A: 671.85IU (13.44%), Manganese: 0.24mg (12.23%), Vitamin B6: 0.19mg (9.66%), Calcium: 94.15mg (9.41%), Vitamin B2: 0.14mg (8.26%), Zinc: 1.2mg (8.03%), Iron: 1.12mg (6.21%), Vitamin B12: 0.36µg (6.06%), Potassium: 193.58mg (5.53%), Vitamin C: 4.43mg (5.37%), Folate: 20.04µg (5.01%), Magnesium: 18.07mg (4.52%), Vitamin B5: 0.42mg (4.16%), Fiber: 0.96g (3.84%), Copper: 0.07mg (3.4%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.3µg (2%), Vitamin K: 1.37µg (1.3%)