



## Concert-on-the-Square Special

READY IN



10 min.

SERVINGS



10

CALORIES



168 kcal

SIDE DISH

### Ingredients

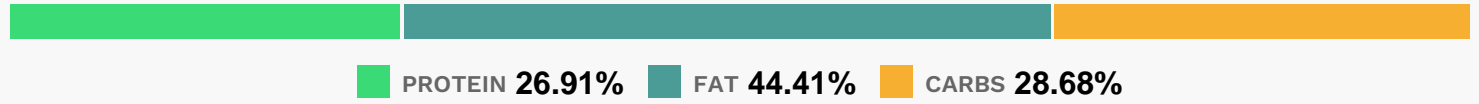
- 1 piece bread baguette split french (9 inch)
- 0.3 cup brie cheese softened
- 15 slices oscar mayer deli honey ham fresh
- 2 Tbsp grey poupon savory honey mustard
- 3 lettuce leaves
- 9 onion rings red thin

### Equipment

## Directions

- Spread mustard onto cut sides of bread.
- Spread bottom halves of bread with cheese.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:11.27, Glycemic Load:2.76, Inflammation Score:-7, Nutrition Score:7.7326086578162%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.1mg, Quercetin: 20.1mg, Quercetin: 20.1mg, Quercetin: 20.1mg

## Nutrients (% of daily need)

Calories: 168.44kcal (8.42%), Fat: 8.27g (12.72%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.14g (3.69%), Sugar: 5.05g (5.61%), Cholesterol: 29.64mg (9.88%), Sodium: 555.4mg (24.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.54%), Vitamin B1: 0.32mg (21.28%), Selenium: 11.4µg (16.29%), Vitamin B6: 0.3mg (14.86%), Phosphorus: 131.06mg (13.11%), Vitamin A: 556.44IU (11.13%), Vitamin B3: 2.19mg (10.94%), Vitamin C: 8.63mg (10.46%), Manganese: 0.19mg (9.49%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.27mg (8.48%), Potassium: 288.05mg (8.23%), Fiber: 1.87g (7.47%), Folate: 27.53µg (6.88%), Vitamin B12: 0.33µg (5.47%), Magnesium: 20.68mg (5.17%), Iron: 0.76mg (4.2%), Copper: 0.08mg (3.91%), Calcium: 38.43mg (3.84%), Vitamin B5: 0.36mg (3.62%), Vitamin D: 0.31µg (2.08%), Vitamin E: 0.21mg (1.38%)