



Country Ham & Apple Sandwiches

READY IN



10 min.

SERVINGS



10

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large apples cut into 12 thin slices
- 6 oz oscar mayer ham smoked
- 4 singles kraft
- 4 lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 8 slices bread whole wheat

Equipment

Directions

Spread bread slices with mayo; fill with remaining ingredients to make 4 sandwiches.

Nutrition Facts

PROTEIN 17.9% **FAT 47.21%** **CARBS 34.89%**

Properties

Glycemic Index:15.17, Glycemic Load:6.62, Inflammation Score:-5, Nutrition Score:7.0030434235283%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 149.94kcal (7.5%), Fat: 7.88g (12.12%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.12g (4.04%), Sugar: 3.46g (3.85%), Cholesterol: 12.96mg (4.32%), Sodium: 346.37mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.45%), Manganese: 0.52mg (25.88%), Vitamin A: 735.8IU (14.72%), Selenium: 9.83µg (14.04%), Vitamin B1: 0.2mg (13.58%), Vitamin K: 11.37µg (10.82%), Phosphorus: 93.99mg (9.4%), Vitamin B3: 1.81mg (9.05%), Fiber: 1.98g (7.9%), Vitamin B6: 0.13mg (6.61%), Magnesium: 22.9mg (5.72%), Zinc: 0.84mg (5.57%), Vitamin B2: 0.09mg (5.43%), Iron: 0.85mg (4.7%), Calcium: 45.79mg (4.58%), Potassium: 149.2mg (4.26%), Folate: 14.52µg (3.63%), Copper: 0.07mg (3.59%), Vitamin C: 2.75mg (3.34%), Vitamin E: 0.43mg (2.9%), Vitamin B5: 0.25mg (2.55%), Vitamin B12: 0.12µg (1.93%)