



Country Ham & Apple Sandwiches

READY IN



10 min.

SERVINGS



10

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

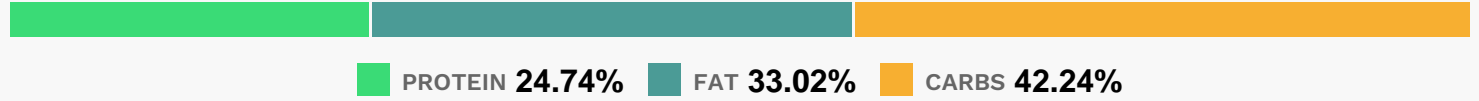
- 1 large apples cut into 12 thin slices
- 8 slices oscar mayer ham smoked
- 4 singles kraft
- 4 lettuce leaves
- 4 tsp miracle whip dressing
- 8 slices bread whole wheat

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:6.61, Inflammation Score:-5, Nutrition Score:7.0260869523753%

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: 126.64kcal (6.33%), Fat: 4.65g (7.15%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 11.36g (4.13%), Sugar: 3.64g (4.04%), Cholesterol: 14.13mg (4.71%), Sodium: 390.55mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.67%), Manganese: 0.52mg (25.9%), Vitamin B1: 0.24mg (15.71%), Selenium: 10.92µg (15.6%), Vitamin A: 733.54IU (14.67%), Phosphorus: 104.45mg (10.45%), Vitamin B3: 2.05mg (10.25%), Fiber: 2.01g (8.06%), Vitamin B6: 0.15mg (7.61%), Zinc: 0.95mg (6.35%), Vitamin B2: 0.1mg (6.07%), Magnesium: 23.87mg (5.97%), Iron: 0.88mg (4.91%), Potassium: 164.47mg (4.7%), Calcium: 45.84mg (4.58%), Copper: 0.08mg (3.76%), Folate: 14.4µg (3.6%), Vitamin C: 2.75mg (3.34%), Vitamin B5: 0.27mg (2.7%), Vitamin B12: 0.14µg (2.39%), Vitamin K: 2.24µg (2.13%), Vitamin E: 0.27mg (1.8%), Vitamin D: 0.16µg (1.05%)