



Country Ham Sandwiches

READY IN



10 min.

SERVINGS



10

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

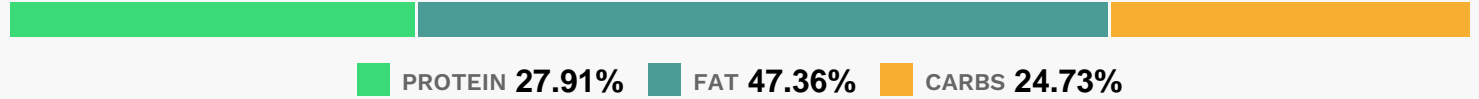
- 0.3 tsp pepper black
- 16 slices oscar mayer deli ham smoked fresh
- 0.3 tsp garlic powder
- 4 lettuce leaves
- 4 milk singles 2% kraft
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 1 large tomatoes cut into 8 slices
- 8 slices bread whole wheat

Equipment

Directions

- Mix mayo and seasonings; spread onto bread.
- Fill bread slices with remaining ingredients to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:5.99, Inflammation Score:-6, Nutrition Score:9.6143478517947%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 184.39kcal (9.22%), Fat: 9.6g (14.77%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 9.6g (3.49%), Sugar: 1.78g (1.98%), Cholesterol: 28.7mg (9.57%), Sodium: 682.73mg (29.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.45%), Manganese: 0.54mg (27.08%), Vitamin B1: 0.37mg (24.94%), Selenium: 16.18µg (23.12%), Vitamin A: 867.66IU (17.35%), Vitamin B3: 3.14mg (15.7%), Phosphorus: 152.12mg (15.21%), Vitamin B6: 0.24mg (12.22%), Zinc: 1.49mg (9.95%), Vitamin B2: 0.15mg (8.83%), Magnesium: 29.31mg (7.33%), Potassium: 249.77mg (7.14%), Fiber: 1.68g (6.71%), Iron: 1.12mg (6.2%), Vitamin K: 6.28µg (5.98%), Vitamin C: 4.22mg (5.12%), Copper: 0.1mg (5.04%), Vitamin B12: 0.29µg (4.81%), Calcium: 46.02mg (4.6%), Folate: 17.42µg (4.35%), Vitamin B5: 0.38mg (3.81%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.31µg (2.09%)