



Deli Melt

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bagel half plain
- 6 slices oscar mayer deli ham smoked fresh
- 1 cup crystal lemonade flavor drink light prepared
- 1 medium nectarines
- 1 deli deluxe process american cheese kraft
- 1 tsp mayo reduced fat mayonnaise light kraft

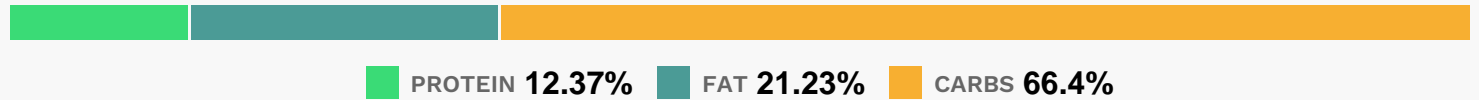
Equipment

- microwave

Directions

- Place bagel on microwaveable plate; spread with mayo.
- Top with ham and cheese.
- Microwave on HIGH 20 sec. or until cheese begins to melt.
- Serve with nectarine and lemonade.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:8.71, Inflammation Score:-5, Nutrition Score:7.8469565122024%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 332.77kcal (16.64%), Fat: 8.02g (12.34%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 55.36g (20.13%), Sugar: 43.65g (48.5%), Cholesterol: 25.16mg (8.39%), Sodium: 613.7mg (26.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.04%), Magnesium: 123.83mg (30.96%), Vitamin C: 18.22mg (22.08%), Vitamin B1: 0.25mg (16.87%), Phosphorus: 128.23mg (12.82%), Selenium: 8.76µg (12.51%), Vitamin B3: 2.25mg (11.23%), Vitamin B6: 0.16mg (7.96%), Zinc: 1.17mg (7.82%), Manganese: 0.14mg (7.11%), Potassium: 224.39mg (6.41%), Vitamin B2: 0.1mg (6.04%), Calcium: 59.36mg (5.94%), Copper: 0.11mg (5.36%), Vitamin B12: 0.28µg (4.63%), Fiber: 1.08g (4.33%), Iron: 0.77mg (4.3%), Vitamin B5: 0.33mg (3.26%), Vitamin A: 138.46IU (2.77%), Vitamin E: 0.41mg (2.71%), Folate: 10.32µg (2.58%), Vitamin D: 0.26µg (1.74%), Vitamin K: 1.11µg (1.05%)