



## Deli-Style Nibbles

READY IN



5 min.

SERVINGS



2

CALORIES



456 kcal

## Ingredients

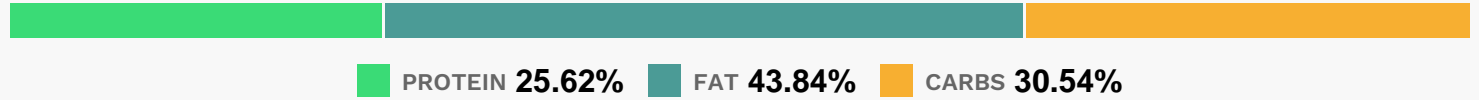
- 4 slices baguette
- 6 slices oscar mayer deli ham smoked fresh
- 2 tsp grey poupon dijon mustard
- 3 cracker barrel cracker cuts extra sharp cheddar cheese
- 2 clausen kosher dill pickles mini
- 3 slices oscar mayer salami hard
- 1 small tomatoes sliced
- 3 cracker barrel cracker cuts vermont sharp-white cheddar cheese

## Equipment

## Directions

- Arrange meat, cheese, pickles and tomatoes on platter.
- Serve with mustard and bread.

## Nutrition Facts



## Properties

Glycemic Index:111.88, Glycemic Load:21.68, Inflammation Score:-6, Nutrition Score:20.21913049532%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 456.11kcal (22.81%), Fat: 21.95g (33.76%), Saturated Fat: 7.63g (47.68%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 31.65g (11.51%), Sugar: 5.11g (5.68%), Cholesterol: 65.75mg (21.92%), Sodium: 2299.8mg (99.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.73%), Vitamin B1: 1.06mg (70.71%), Selenium: 36.05µg (51.51%), Vitamin B3: 7.78mg (38.9%), Phosphorus: 311.93mg (31.19%), Vitamin B2: 0.5mg (29.29%), Vitamin B6: 0.52mg (26.2%), Zinc: 3.31mg (22.08%), Manganese: 0.42mg (21.09%), Folate: 84.28µg (21.07%), Iron: 3.47mg (19.28%), Potassium: 561.08mg (16.03%), Vitamin K: 16.58µg (15.79%), Vitamin B12: 0.95µg (15.79%), Calcium: 138.85mg (13.88%), Magnesium: 48.33mg (12.08%), Fiber: 2.76g (11.02%), Copper: 0.22mg (10.86%), Vitamin A: 531.58IU (10.63%), Vitamin C: 7.62mg (9.23%), Vitamin B5: 0.87mg (8.69%), Vitamin E: 0.85mg (5.68%), Vitamin D: 0.61µg (4.04%)