



## Easy Pleaser Ham & Cheeser

READY IN



5 min.

SERVINGS



1

CALORIES



341 kcal

### Ingredients

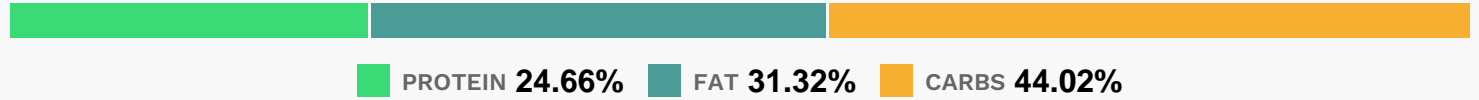
- 1 tsp grey poupon dijon mustard
- 2 slices oscar mayer ham smoked
- 1 singles kraft
- 1 tsp miracle whip dressing
- 2 slices multi-grain bread
- 1 onion red separated thin
- 2 slices tomatoes

### Equipment

## Directions

- Spread 1 bread slice with dressing; spread remaining bread slice with mustard.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:166.7, Glycemic Load:17.32, Inflammation Score:-8, Nutrition Score:19.326086888396%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 22.64mg, Quercetin: 22.64mg, Quercetin: 22.64mg, Quercetin: 22.64mg

## Nutrients (% of daily need)

Calories: 340.77kcal (17.04%), Fat: 11.91g (18.32%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 31.48g (11.45%), Sugar: 9.21g (10.23%), Cholesterol: 35.33mg (11.78%), Sodium: 1031.2mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.2%), Manganese: 1.43mg (71.39%), Vitamin B1: 0.64mg (42.37%), Selenium: 29.41µg (42.01%), Phosphorus: 298.3mg (29.83%), Vitamin B3: 5.46mg (27.28%), Vitamin B6: 0.51mg (25.62%), Fiber: 6.19g (24.76%), Vitamin C: 15.56mg (18.86%), Magnesium: 73.1mg (18.28%), Zinc: 2.62mg (17.47%), Potassium: 601.05mg (17.17%), Vitamin B2: 0.26mg (15.46%), Calcium: 136.47mg (13.65%), Folate: 54.55µg (13.64%), Iron: 2.38mg (13.24%), Copper: 0.25mg (12.58%), Vitamin A: 482.36IU (9.65%), Vitamin K: 9.15µg (8.71%), Vitamin B5: 0.84mg (8.38%), Vitamin B12: 0.36µg (5.97%), Vitamin E: 0.84mg (5.57%), Vitamin D: 0.39µg (2.61%)