

Flip-Flop Hamwich

READY IN



5 min.

SERVINGS



1

CALORIES



642 kcal

Ingredients

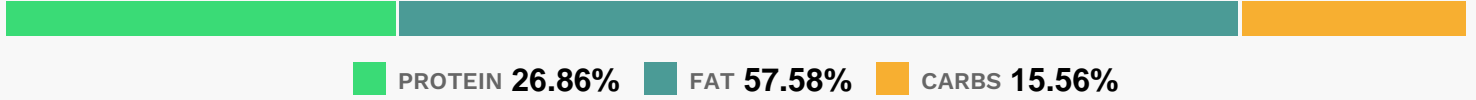
- 6 slices oscar mayer deli ham smoked fresh
- 1 singles kraft
- 1 Tbsp real mayo mayonnaise kraft
- 1 slice bread white
- 1 slice bread whole wheat

Equipment

Directions

- Spread bread with mayo. Top 1 bread slice with 3 ham slices, 1 Singles and remaining ham slices. Cover with remaining bread slice.
- Cut sandwich into 4 squares, strips or triangles.
- Place on serving plate, turning over every other piece to create alternating pattern of colors.

Nutrition Facts



Properties

Glycemic Index:194.47, Glycemic Load:16.05, Inflammation Score:-4, Nutrition Score:23.873478386713%

Nutrients (% of daily need)

Calories: 642.18kcal (32.11%), Fat: 40.4g (62.15%), Saturated Fat: 12.08g (75.49%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 22.31g (8.11%), Sugar: 2.72g (3.02%), Cholesterol: 110.12mg (36.71%), Sodium: 2340.02mg (101.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.4g (84.8%), Vitamin B1: 1.25mg (83.15%), Selenium: 51.48µg (73.54%), Vitamin B3: 9.92mg (49.62%), Phosphorus: 459.26mg (45.93%), Manganese: 0.77mg (38.51%), Vitamin B6: 0.72mg (36.15%), Zinc: 4.66mg (31.04%), Vitamin B2: 0.48mg (28.42%), Vitamin K: 24.73µg (23.55%), Vitamin B12: 1.09µg (18.2%), Iron: 3.05mg (16.93%), Potassium: 584.85mg (16.71%), Magnesium: 60.37mg (15.09%), Calcium: 118.37mg (11.84%), Copper: 0.24mg (11.82%), Folate: 45.24µg (11.31%), Vitamin B5: 1.12mg (11.18%), Fiber: 2.26g (9.03%), Vitamin E: 1.26mg (8.42%), Vitamin D: 1.2µg (8.02%)