



Fresh & Feisty Ham Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz oscar mayer deli honey ham fresh
- 1.5 cups coleslaw blend (cabbage slaw mix)
- 4 lettuce leaves
- 0.3 cup onions red chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 8 slices bread whole wheat

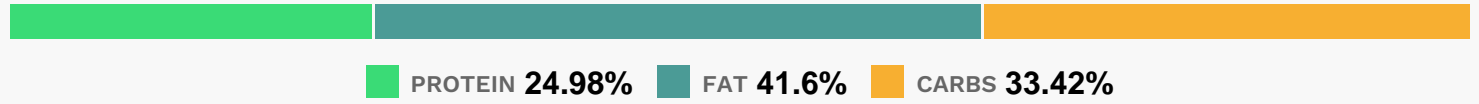
Equipment

- bowl

Directions

- Combine mayo and onions in medium bowl.
- Add coleslaw blend; mix lightly.
- Fill bread slices with lettuce, ham and coleslaw to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:15.07, Inflammation Score:-8, Nutrition Score:20.094348057457%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 344.72kcal (17.24%), Fat: 15.83g (24.35%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 24.18g (8.79%), Sugar: 4.47g (4.97%), Cholesterol: 41.79mg (13.93%), Sodium: 1136.77mg (49.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.77%), Manganese: 1.33mg (66.62%), Vitamin B1: 0.65mg (43.2%), Selenium: 29.56µg (42.23%), Vitamin A: 1814.36IU (36.29%), Vitamin K: 31.88µg (30.36%), Vitamin B3: 5.5mg (27.48%), Phosphorus: 274.01mg (27.4%), Vitamin B6: 0.43mg (21.61%), Vitamin C: 14.67mg (17.78%), Fiber: 4.43g (17.7%), Zinc: 2.59mg (17.25%), Vitamin B2: 0.27mg (15.95%), Magnesium: 62.79mg (15.7%), Iron: 2.37mg (13.16%), Potassium: 432.55mg (12.36%), Folate: 48.3µg (12.08%), Calcium: 118.03mg (11.8%), Copper: 0.19mg (9.55%), Vitamin B5: 0.75mg (7.52%), Vitamin B12: 0.41µg (6.8%), Vitamin E: 0.95mg (6.35%), Vitamin D: 0.45µg (2.98%)