



Griddlewich

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



132 kcal

SIDE DISH

Ingredients

- 1 cup chocolate hot
- 4 slices oscar mayer deli ham smoked fresh
- 1 fruit cup
- 1 milk singles 2% kraft
- 2 pancakes frozen
- 2 pancakes frozen

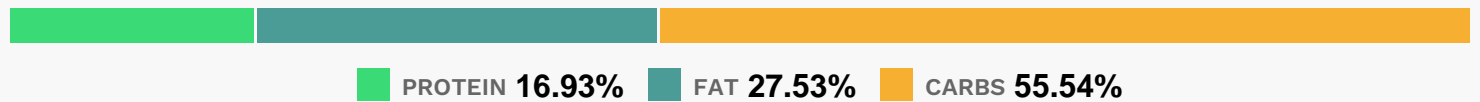
Equipment

- microwave

Directions

- Place pancakes in single layer on microwaveable plate. Microwave on HIGH 30 sec. Top with ham. Microwave 10 to 20 sec. or just until ham is warmed.
- Top 1 pancake stack with 2% Milk Singles; cover with remaining pancake stack, ham-side down.
- Serve with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:2.66, Inflammation Score:-2, Nutrition Score:4.1895651713662%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg

Nutrients (% of daily need)

Calories: 131.86kcal (6.59%), Fat: 4.11g (6.32%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.98g (6.17%), Sugar: 14.41g (16.01%), Cholesterol: 13.9mg (4.63%), Sodium: 305.02mg (13.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Vitamin B1: 0.15mg (10.11%), Phosphorus: 79.27mg (7.93%), Selenium: 5.42µg (7.74%), Vitamin B3: 1.39mg (6.95%), Fiber: 1.68g (6.71%), Vitamin B2: 0.11mg (6.38%), Potassium: 191.29mg (5.47%), Vitamin A: 272.48IU (5.45%), Copper: 0.11mg (5.44%), Vitamin B6: 0.11mg (5.36%), Zinc: 0.7mg (4.67%), Vitamin K: 4.19µg (3.99%), Magnesium: 14.46mg (3.61%), Iron: 0.55mg (3.08%), Vitamin B12: 0.17µg (2.8%), Vitamin C: 1.98mg (2.4%), Manganese: 0.05mg (2.25%), Vitamin B5: 0.2mg (1.98%), Calcium: 16.24mg (1.62%), Vitamin D: 0.16µg (1.05%)