



# Ham and Arugula Sandwiches with Cranberry Chutney

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounces ham lean cooked sliced
- 2 tablespoons dijon mustard
- 0.3 cup cranberry chutney (such as Crosse & Blackwell)
- 8 ounce italian-cheese-flavored pizza crusts (such as Boboli)
- 1 cup romaine lettuce loosely packed trimmed chopped

## Equipment

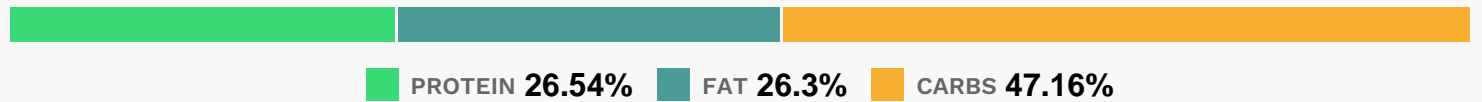
- baking sheet

oven

## Directions

- Preheat oven to 45
- Place pizza crusts on a baking sheet.
- Bake for 5 minutes at 450 or until warm.
- Spread chutney over bottom side of 1 pizza crust.
- Spread mustard on bottom side of remaining crust. Arrange sliced ham over mustard-coated crust. Top with arugula.
- Place chutney-coated side of remaining crust over arugula.
- Cut into four equal sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:9.3356522606767%

## Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 248.56kcal (12.43%), Fat: 7.19g (11.06%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 27.37g (9.95%), Sugar: 1.37g (1.52%), Cholesterol: 41.39mg (13.8%), Sodium: 1039.11mg (45.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Vitamin B1: 0.32mg (21.59%), Vitamin A:

1032.5IU (20.65%), Selenium: 13.83µg (19.76%), Phosphorus: 177.87mg (17.79%), Vitamin C: 14.59mg (17.68%), Vitamin B12: 0.8µg (13.32%), Iron: 2.27mg (12.62%), Vitamin K: 12.47µg (11.88%), Vitamin B3: 2.1mg (10.5%), Zinc: 1.35mg (8.97%), Vitamin B2: 0.15mg (8.77%), Vitamin B6: 0.16mg (8.13%), Fiber: 1.65g (6.6%), Calcium: 64.04mg (6.4%), Potassium: 204.6mg (5.85%), Vitamin B5: 0.55mg (5.53%), Manganese: 0.1mg (4.93%), Folate: 18.27µg (4.57%), Magnesium: 17.53mg (4.38%), Copper: 0.08mg (3.97%)