



Ham and Cheese Granola Bar

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



15 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

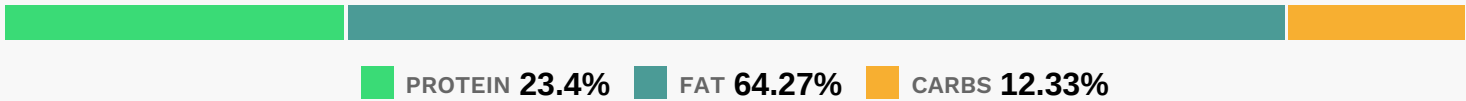
- ☐ 1 serving crunchy peanut butter
- ☐ 1 serving deli honey ham sliced
- ☐ 1 serving swiss cheese sliced
- ☐ 1 serving dijon mustard

Equipment

Directions

Top 1 granola bar with 1 oz deli sliced ham and 1/2 slice Swiss cheese; top with 1/2 teaspoon Dijon mustard.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.81043478036704%

Nutrients (% of daily need)

Calories: 15.3kcal (0.76%), Fat: 1.15g (1.76%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.16g (0.17%), Cholesterol: 1.55mg (0.52%), Sodium: 73.58mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Selenium: 2.31µg (3.3%), Manganese: 0.04mg (1.95%), Phosphorus: 16.47mg (1.65%), Calcium: 12.57mg (1.26%), Fiber: 0.29g (1.18%), Magnesium: 4.52mg (1.13%), Vitamin B1: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.05%)