

## Ham and Cheese Tartine

READY IN



5 min.

SERVINGS



1

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

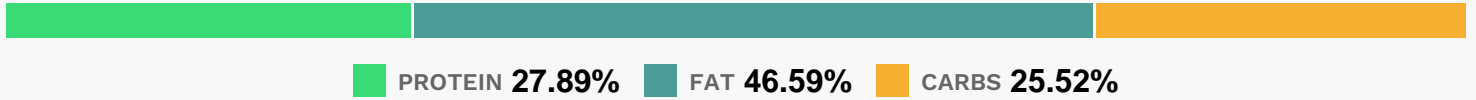
- 0.3 cup arugula
- 2 slices ham
- 1 tablespoon provolone cheese shaved
- 1 slice pumpernickel bread toasted
- 1 tablespoon roasted peppers red sliced

### Equipment

### Directions

Top bread with the other ingredients.

## Nutrition Facts



### Properties

Glycemic Index:115, Glycemic Load:7.44, Inflammation Score:-4, Nutrition Score:11.917391372764%

### Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

### Nutrients (% of daily need)

Calories: 255.09kcal (12.75%), Fat: 13.12g (20.19%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 13.84g (5.03%), Sugar: 0.33g (0.36%), Cholesterol: 41.62mg (13.87%), Sodium: 1131.92mg (49.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.34%), Selenium: 22.06µg (31.52%), Vitamin B1: 0.45mg (29.93%), Manganese: 0.47mg (23.31%), Phosphorus: 231.96mg (23.2%), Vitamin B3: 3.6mg (18%), Vitamin B2: 0.26mg (15.42%), Vitamin B6: 0.29mg (14.52%), Zinc: 2.15mg (14.31%), Calcium: 115.34mg (11.53%), Folate: 39.66µg (9.91%), Fiber: 2.34g (9.35%), Vitamin C: 7.63mg (9.24%), Iron: 1.65mg (9.16%), Magnesium: 34.7mg (8.67%), Vitamin B12: 0.5µg (8.41%), Copper: 0.16mg (8.2%), Potassium: 280.56mg (8.02%), Vitamin A: 283.54IU (5.67%), Vitamin K: 5.93µg (5.64%), Vitamin B5: 0.46mg (4.6%), Vitamin D: 0.44µg (2.95%), Vitamin E: 0.38mg (2.54%)