



Ham and Spinach Focaccia Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 inch round focaccia bread (8 ounces)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces deli ham smoked thinly sliced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons mayonnaise low-fat
- ☐ 7 ounce roasted bell peppers red drained sliced
- ☐ 1 cup spinach leaves
- ☐ 2 teaspoons sun-dried tomato sprinkles

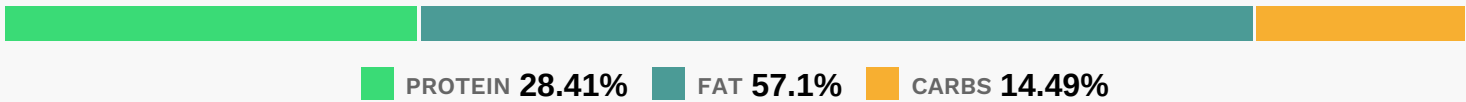
Equipment

☐ bowl

Directions

- ☐ Combine the first 4 ingredients in a small bowl.
- ☐ Cut bread in half horizontally.
- ☐ Spread the mayonnaise mixture over the cut sides of bread.
- ☐ Place ham over bottom half of bread. Top with peppers and spinach, and cover with top half of bread.
- ☐ Cut the sandwich crosswise into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:13.054782660111%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 194.28kcal (9.71%), Fat: 12.35g (18.99%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.73g (2.08%), Sugar: 1.63g (1.82%), Cholesterol: 36.83mg (12.28%), Sodium: 1473.72mg (64.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.64%), Vitamin K: 47.45µg (45.19%), Vitamin C: 26.33mg (31.92%), Vitamin B1: 0.39mg (26.29%), Vitamin A: 1080.06IU (21.6%), Selenium: 14.99µg (21.42%), Vitamin B3: 3.39mg (16.94%), Vitamin B6: 0.34mg (16.83%), Phosphorus: 152.77mg (15.28%), Manganese: 0.28mg (13.75%), Potassium: 376.78mg (10.77%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.57mg (10.45%), Iron: 1.57mg (8.71%), Copper: 0.17mg (8.55%), Folate: 31.32µg (7.83%), Magnesium: 30.06mg (7.51%), Vitamin B12: 0.36µg (6.05%), Fiber: 1.33g (5.3%), Calcium: 43.61mg (4.36%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.39mg (3.85%), Vitamin D: 0.4µg (2.65%)