



Ham & Cheese Wheels

READY IN



15 min.

SERVINGS



15

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer deli honey ham fresh
- 2 Tbsp butter softened
- 4 milk singles 2% kraft
- 0.5 tomatoes
- 4 slices bread whole wheat

Equipment

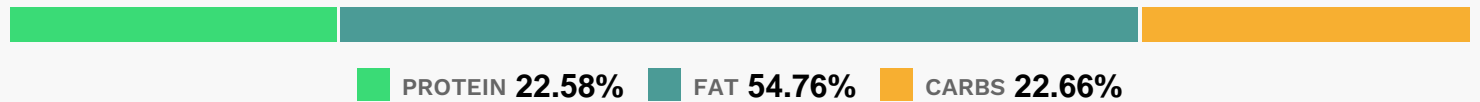
- skewers
- rolling pin

wooden skewers

Directions

- Trim crusts from bread; discard or reserve for another use. Use rolling pin to flatten bread slices to 1/4-inch thickness; spread evenly with margarine. Top evenly with ham and Singles; roll up tightly.
- Cut each roll-up crosswise into four pinwheels. Thread two pinwheels onto each of eight wooden skewers.
- Place tomato, cut-side down, in center of serving plate. Insert skewers into side of tomato to resemble the spokes of a wheel.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:1.97, Inflammation Score:-1, Nutrition Score:2.4621739050616%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.47kcal (3.02%), Fat: 3.66g (5.63%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0.45g (0.5%), Cholesterol: 6.97mg (2.32%), Sodium: 184.48mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Manganese: 0.17mg (8.28%), Vitamin B1: 0.1mg (6.55%), Selenium: 4.48µg (6.39%), Vitamin B3: 0.86mg (4.28%), Phosphorus: 41.46mg (4.15%), Vitamin B6: 0.06mg (3.11%), Zinc: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.3%), Magnesium: 8.41mg (2.1%), Vitamin A: 101.42IU (2.03%), Fiber: 0.5g (1.99%), Potassium: 61.57mg (1.76%), Iron: 0.3mg (1.67%), Copper: 0.03mg (1.43%), Calcium: 14.24mg (1.42%), Vitamin B12: 0.08µg (1.25%), Vitamin B5: 0.11mg (1.09%), Vitamin E: 0.16mg (1.07%), Folate: 4.12µg (1.03%)