



## Ham Deli Melt

READY IN



5 min.

SERVINGS



5

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 oz onion bagel split toasted
- 4 slices oscar mayer deli ham smoked fresh
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 slices tomatoes

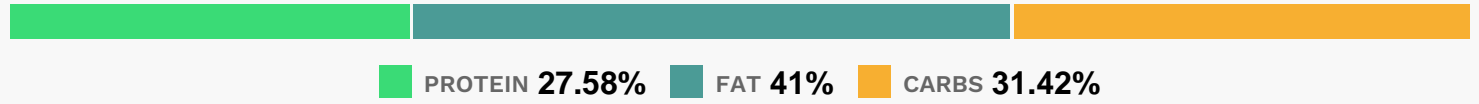
## Equipment

- microwave

## Directions

- Spread 1 bagel half with dressing.
- Fill bagel halves with remaining ingredients.
- Microwave on HIGH 20 sec. or until 2% Milk Singles begins to melt.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:4.28, Inflammation Score:-1, Nutrition Score:3.0447825919027%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 90.35kcal (4.52%), Fat: 4.05g (6.23%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.53g (2.37%), Sugar: 0.62g (0.69%), Cholesterol: 14.19mg (4.73%), Sodium: 352.29mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin B1: 0.16mg (10.48%), Selenium: 5.09µg (7.27%), Vitamin B3: 1.26mg (6.31%), Phosphorus: 61.76mg (6.18%), Vitamin B6: 0.1mg (4.98%), Zinc: 0.64mg (4.26%), Manganese: 0.08mg (3.84%), Vitamin B2: 0.06mg (3.4%), Potassium: 102.96mg (2.94%), Vitamin B12: 0.14µg (2.41%), Magnesium: 8.75mg (2.19%), Copper: 0.04mg (2.17%), Iron: 0.38mg (2.12%), Vitamin A: 92.38IU (1.85%), Fiber: 0.45g (1.8%), Vitamin C: 1.48mg (1.79%), Vitamin B5: 0.15mg (1.54%), Folate: 4.8µg (1.2%), Vitamin D: 0.16µg (1.05%)