



Ham Sandwich with Nectarine Salsa

READY IN



10 min.

SERVINGS



10

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz oscar mayer deli bold brown sugar ham fresh
- 1 Tbsp cilantro leaves fresh chopped
- 1 dash ground pepper red (cayenne)
- 4 lettuce leaves
- 0.5 tsp juice of lime fresh
- 2 Tbsp mayo mayonnaise dressing fat free kraft
- 1 nectarines coarsely chopped
- 2 pita breads cut in half
- 2 Tbsp onions red coarsely chopped

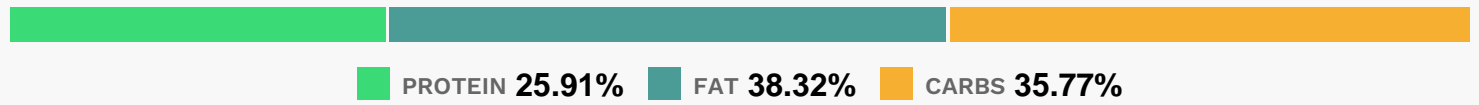
Equipment

microwave

Directions

- Combine first 6 ingredients.
- Place pitas in single layer on microwaveable plate. Microwave on HIGH 30 sec.
- Fill with lettuce, ham and nectarine salsa.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:6.32, Inflammation Score:-5, Nutrition Score:4.1782608602358%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 96.48kcal (4.82%), Fat: 4.07g (6.26%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.64g (1.82%), Cholesterol: 14.35mg (4.78%), Sodium: 359.1mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin A: 764.95IU (15.3%), Vitamin B1: 0.18mg (12.11%), Selenium: 5.23µg (7.47%), Vitamin B3: 1.45mg (7.27%), Phosphorus: 66.7mg (6.67%), Vitamin B6: 0.11mg (5.3%), Manganese: 0.1mg (4.86%), Zinc: 0.67mg (4.5%), Vitamin B2: 0.08mg (4.45%), Potassium: 120.72mg (3.45%), Vitamin C: 2.38mg (2.89%), Iron: 0.49mg (2.74%), Fiber: 0.65g (2.62%), Copper: 0.05mg (2.54%), Magnesium: 10.06mg (2.51%), Vitamin B12: 0.15µg (2.42%), Folate: 8.31µg (2.08%), Vitamin B5: 0.18mg (1.77%), Calcium: 15.69mg (1.57%), Vitamin E: 0.2mg (1.36%), Vitamin K: 1.22µg (1.16%), Vitamin D: 0.16µg (1.06%)