



## Ham Take-Along

READY IN



5 min.

SERVINGS



5

CALORIES



30 kcal

SIDE DISH

### Ingredients

- 0.5 cup cucumber spears peeled
- 1 slice oscar mayer ham smoked
- 1 singles kraft
- 5 ritz crackers

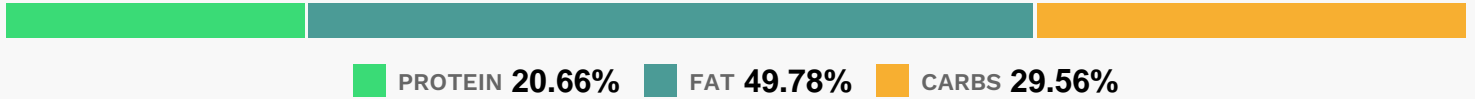
### Equipment

- ziploc bags

### Directions

- Place Singles on ham slice; roll up.
- Cut roll-up in half.
- Place in airtight sandwich container.
- Place crackers and cucumber in separate airtight containers or resealable plastic bags.
- Pack all containers in insulated lunch bag.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1904347759226%

## Nutrients (% of daily need)

Calories: 30.26kcal (1.51%), Fat: 1.66g (2.55%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.44g (0.49%), Cholesterol: 3.5mg (1.17%), Sodium: 95.79mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin B1: 0.05mg (3.4%), Phosphorus: 24.81mg (2.48%), Vitamin K: 2.46µg (2.34%), Selenium: 1.42µg (2.03%), Vitamin B3: 0.4mg (2.01%), Vitamin B6: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.42%), Manganese: 0.03mg (1.33%), Iron: 0.21mg (1.18%), Zinc: 0.18mg (1.17%), Potassium: 38.15mg (1.09%), Folate: 4.19µg (1.05%)