



## Hawaiian Ham & Cheese

READY IN



10 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

### Ingredients

- 6 slices oscar mayer deli ham smoked fresh
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 1 pineapple ring canned drained
- 2 slices honey wheat bread toasted

### Equipment

### Directions

Spread toast slices with dressing.

Fill with remaining ingredients.

## Nutrition Facts

**PROTEIN 31.1%** **FAT 49.59%** **CARBS 19.31%**

### Properties

Glycemic Index:6.97, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:2.4391304128196%

### Nutrients (% of daily need)

Calories: 56.5kcal (2.83%), Fat: 3.06g (4.71%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.43g (0.48%), Cholesterol: 10.57mg (3.52%), Sodium: 237.27mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin B1: 0.12mg (8.2%), Selenium: 5.26µg (7.52%), Manganese: 0.12mg (6.1%), Vitamin B3: 1mg (4.99%), Phosphorus: 48mg (4.8%), Vitamin B6: 0.08mg (3.8%), Zinc: 0.49mg (3.26%), Vitamin B2: 0.05mg (2.74%), Magnesium: 7.53mg (1.88%), Potassium: 63.1mg (1.8%), Vitamin B12: 0.11µg (1.8%), Iron: 0.29mg (1.62%), Fiber: 0.37g (1.47%), Copper: 0.03mg (1.34%), Vitamin B5: 0.12mg (1.16%), Calcium: 10.54mg (1.05%)