



## Italian Ham Cold Plate

READY IN



5 min.

SERVINGS



5

CALORIES



130 kcal

SIDE DISH

### Ingredients

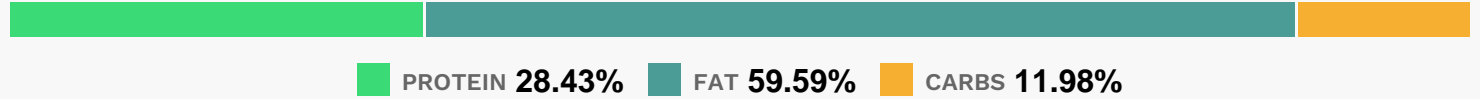
- 0.5 cup baby spinach
- 6 slices oscar mayer deli ham smoked fresh
- 1 slice wedges honeydew melon (2-inch wedge)
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 5 ritz crackers
- 1 tomatoes halved

### Equipment

## Directions

- Arrange ham, spinach, tomatoes, melon and crackers on plate. Top tomato halves with cheese.
- Drizzle with dressing or use dressing as a dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:6.3656522294749%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 129.93kcal (6.5%), Fat: 8.52g (13.11%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.42g (1.25%), Sugar: 1.62g (1.8%), Cholesterol: 24.42mg (8.14%), Sodium: 521.98mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin K: 21.32µg (20.31%), Vitamin B1: 0.23mg (15.26%), Selenium: 8.72µg (12.46%), Phosphorus: 114.3mg (11.43%), Vitamin A: 515.38IU (10.31%), Vitamin B3: 1.83mg (9.14%), Vitamin B6: 0.16mg (8.14%), Zinc: 1.01mg (6.76%), Vitamin B2: 0.11mg (6.44%), Calcium: 56.97mg (5.7%), Potassium: 184.81mg (5.28%), Vitamin C: 4.27mg (5.18%), Vitamin B12: 0.26µg (4.35%), Manganese: 0.08mg (3.91%), Vitamin E: 0.56mg (3.71%), Magnesium: 13.63mg (3.41%), Iron: 0.6mg (3.34%), Folate: 13.22µg (3.31%), Copper: 0.05mg (2.63%), Vitamin B5: 0.19mg (1.93%), Fiber: 0.43g (1.73%), Vitamin D: 0.25µg (1.68%)