



Luau Sandwich with Hawaiian Bread

READY IN



5 min.

SERVINGS



5

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices pineapple canned drained
- 5 slices oscar mayer deli honey ham fresh
- 2 tsp cilantro leaves fresh chopped
- 1 slice hawaiian bread sliced cut in half
- 1 Tbsp real mayo mayonnaise kraft
- 2 slices onion red thin
- 1 big swiss cheese kraft

Equipment

Directions

Spread bread with mayonnaise; fill with remaining ingredients.

Nutrition Facts

PROTEIN 24.73% **FAT 60.86%** **CARBS 14.41%**

Properties

Glycemic Index:27.2, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.9326086951339%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 116.57kcal (5.83%), Fat: 7.86g (12.1%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.49g (3.88%), Cholesterol: 21.79mg (7.26%), Sodium: 357.21mg (15.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Vitamin B1: 0.19mg (12.96%), Selenium: 7.56µg (10.8%), Phosphorus: 83.23mg (8.32%), Vitamin B6: 0.13mg (6.63%), Vitamin B3: 1.32mg (6.61%), Zinc: 0.83mg (5.56%), Vitamin B12: 0.29µg (4.75%), Vitamin B2: 0.08mg (4.65%), Vitamin K: 4.85µg (4.62%), Calcium: 37.34mg (3.73%), Potassium: 119.21mg (3.41%), Vitamin C: 2.53mg (3.07%), Magnesium: 10.4mg (2.6%), Copper: 0.05mg (2.58%), Iron: 0.34mg (1.91%), Fiber: 0.39g (1.58%), Vitamin B5: 0.15mg (1.54%), Vitamin E: 0.22mg (1.46%), Vitamin D: 0.2µg (1.34%)