



Lunchbox Sliders

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

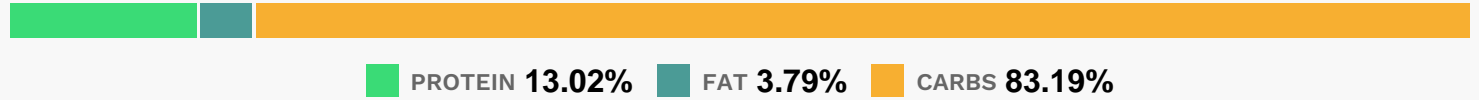
- 2 slices honey ham and honey turkey breast from oscar mayer deli combos the honey fresh
- 1 Tbsp honey mustard dressing kraft
- 1 singles quartered kraft
- 1 romaine leaves
- 4 pita breads split mini

Equipment

Directions

- Spread insides of pitas with dressing.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:74.64, Glycemic Load:58.55, Inflammation Score:-6, Nutrition Score:7.5978261530399%

Nutrients (% of daily need)

Calories: 328.58kcal (16.43%), Fat: 1.35g (2.08%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 66.63g (22.21%), Net Carbohydrates: 64.04g (23.29%), Sugar: 2.47g (2.75%), Cholesterol: 0.08mg (0.03%), Sodium: 647.71mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.86%), Manganese: 0.58mg (28.78%), Vitamin B1: 0.31mg (20.74%), Vitamin A: 899.31IU (17.99%), Vitamin B3: 2.45mg (12.24%), Phosphorus: 116.78mg (11.68%), Calcium: 104.26mg (10.43%), Fiber: 2.59g (10.35%), Copper: 0.19mg (9.43%), Iron: 1.68mg (9.34%), Folate: 31.46µg (7.86%), Magnesium: 30.7mg (7.68%), Vitamin B2: 0.12mg (7.2%), Zinc: 0.98mg (6.53%), Potassium: 159.38mg (4.55%), Vitamin B5: 0.45mg (4.45%), Vitamin C: 2.17mg (2.63%), Vitamin B6: 0.05mg (2.52%)