



## Monkey Face Sandwich

READY IN



10 min.

SERVINGS



8

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz oscar mayer ham boiled
- 8 singles kraft
- 3 Tbsp miracle whip dressing
- 0.3 cup raisins
- 16 slices bread whole wheat

### Equipment

- knife
- cookie cutter

cutting board

## Directions

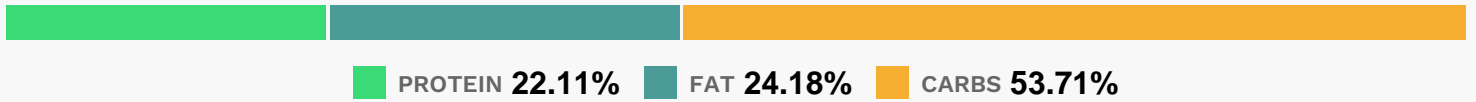
Place bread slices on cutting board.

Cut into 3-inch circles using cookie cutter or sharp knife. Repeat with ham and Singles. Reserve scraps.

Spread 8 bread circles with dressing; fill bread with ham and Singles to make 8 sandwiches.

Decorate with additional dressing and raisins to resemble monkey faces. Use reserved scraps for the "monkeys' ears."

## Nutrition Facts



## Properties

Glycemic Index:16.06, Glycemic Load:16.39, Inflammation Score:-3, Nutrition Score:11.295217291169%

## Nutrients (% of daily need)

Calories: 213.84kcal (10.69%), Fat: 5.75g (8.85%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 24.95g (9.07%), Sugar: 3.15g (3.51%), Cholesterol: 13.88mg (4.63%), Sodium: 565.91mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.65%), Manganese: 1.21mg (60.53%), Selenium: 19.3µg (27.57%), Vitamin B1: 0.35mg (23.45%), Phosphorus: 177.15mg (17.71%), Vitamin B3: 3.48mg (17.4%), Fiber: 3.78g (15.14%), Magnesium: 48.52mg (12.13%), Vitamin B6: 0.21mg (10.51%), Calcium: 101.52mg (10.15%), Zinc: 1.51mg (10.08%), Iron: 1.74mg (9.69%), Vitamin B2: 0.15mg (8.88%), Copper: 0.16mg (7.89%), Potassium: 243.49mg (6.96%), Folate: 24.29µg (6.07%), Vitamin B5: 0.48mg (4.83%), Vitamin K: 4.37µg (4.16%), Vitamin E: 0.38mg (2.53%), Vitamin B12: 0.14µg (2.27%)