



Mountains and Forest Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice oscar mayer bologna
- 1 hot dog bun
- 1 leaf romaine leaves
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing

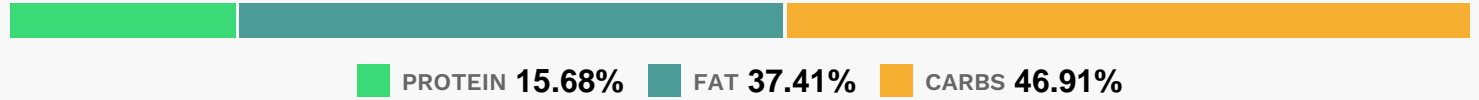
Equipment

- knife

Directions

- Cut 2% Milk Singles and bologna in half, using knife to make zigzag cuts.
- Spread bun with dressing; fill with lettuce, Singles and bologna.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:12.73, Inflammation Score:-2, Nutrition Score:7.2113044236017%

Nutrients (% of daily need)

Calories: 218.9kcal (10.95%), Fat: 9g (13.84%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 24.31g (8.84%), Sugar: 6.04g (6.71%), Cholesterol: 18.32mg (6.11%), Sodium: 605.58mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Selenium: 18.48µg (26.4%), Vitamin B1: 0.29mg (19.53%), Vitamin B3: 2.49mg (12.44%), Manganese: 0.24mg (12.16%), Vitamin B2: 0.18mg (10.64%), Folate: 42.06µg (10.52%), Iron: 1.82mg (10.14%), Vitamin B12: 0.6µg (10%), Phosphorus: 90.57mg (9.06%), Calcium: 87.52mg (8.75%), Zinc: 0.96mg (6.41%), Vitamin B6: 0.11mg (5.57%), Potassium: 151.23mg (4.32%), Fiber: 1.08g (4.32%), Magnesium: 14.77mg (3.69%), Copper: 0.06mg (3.05%), Vitamin A: 110.04IU (2.2%), Vitamin K: 2.13µg (2.02%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.12mg (1.2%), Vitamin C: 0.96mg (1.16%)