



Old-World Ham & Slaw Kaiser

READY IN



5 min.

SERVINGS



5

CALORIES



80 kcal

SIDE DISH

Ingredients

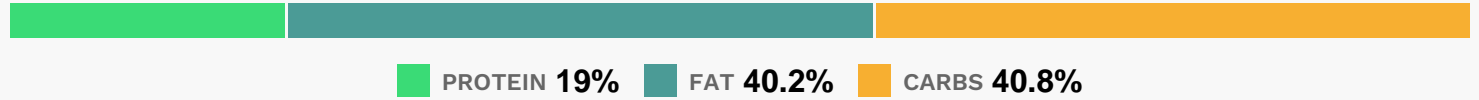
- 1 big colby jack cheese kraft
- 0.5 cup coleslaw blend (cabbage slaw mix)
- 2 oz oscar mayer carving board slow ham cooked
- 0.3 cup pepper strips red
- 1 Tbsp creamy poppyseed dressing kraft
- 1 kaiser roll split

Equipment

Directions

- Combine coleslaw blend and dressing.
- Fill roll with ham, cheese, coleslaw and peppers.

Nutrition Facts



Properties

Glycemic Index:29.8, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:3.3347826133604%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 79.61kcal (3.98%), Fat: 3.54g (5.45%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.54g (2.74%), Sugar: 2.08g (2.31%), Cholesterol: 8.53mg (2.84%), Sodium: 223.07mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin C: 12.12mg (14.69%), Iron: 2.31mg (12.81%), Vitamin K: 7.81µg (7.43%), Vitamin B1: 0.08mg (5.17%), Vitamin A: 244.12IU (4.88%), Selenium: 2.79µg (3.98%), Vitamin B6: 0.07mg (3.69%), Phosphorus: 30.28mg (3.03%), Vitamin B3: 0.6mg (2.99%), Fiber: 0.54g (2.18%), Vitamin B2: 0.04mg (2.16%), Zinc: 0.31mg (2.04%), Vitamin E: 0.27mg (1.79%), Potassium: 61.43mg (1.76%), Folate: 6.94µg (1.74%), Vitamin B12: 0.08µg (1.29%), Manganese: 0.02mg (1.23%), Magnesium: 4.04mg (1.01%)