



Quick 'N Easy Deli Plate

READY IN



10 min.

SERVINGS



10

CALORIES



71 kcal

SIDE DISH

Ingredients

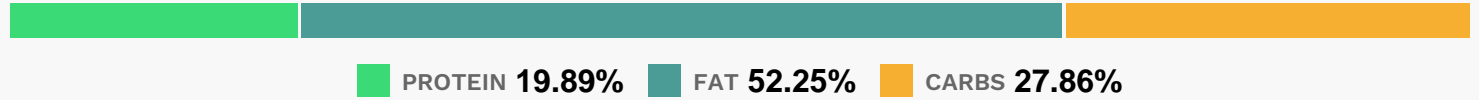
- 1 apples cut into wedges
- 1 oz milk cheddar cheese 2% cut into strips kraft
- 3 slices oscar mayer deli honey ham fresh
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 2 Tbsp classic ranch dressing kraft
- 5 ritz crackers
- 0.5 cup vegetables mixed fresh sliced (baby carrots, cucumbers, celery sticks)

Equipment

Directions

- Place all ingredients on serving plate.
- Serve dressing as a dipping sauce for the vegetables.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:1.07, Inflammation Score:-4, Nutrition Score:2.9347825801891%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 71.07kcal (3.55%), Fat: 4.2g (6.46%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.19g (2.44%), Cholesterol: 10.66mg (3.55%), Sodium: 200.05mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin A: 501.8IU (10.04%), Phosphorus: 57.26mg (5.73%), Vitamin K: 5.24µg (4.99%), Vitamin B1: 0.07mg (4.95%), Selenium: 3.39µg (4.85%), Vitamin B3: 0.91mg (4.54%), Vitamin B6: 0.07mg (3.39%), Fiber: 0.84g (3.34%), Vitamin B2: 0.05mg (3.1%), Calcium: 27.54mg (2.75%), Zinc: 0.38mg (2.53%), Potassium: 81.64mg (2.33%), Vitamin C: 1.78mg (2.16%), Manganese: 0.04mg (2.01%), Magnesium: 6.83mg (1.71%), Vitamin B12: 0.09µg (1.57%), Iron: 0.28mg (1.53%), Vitamin E: 0.21mg (1.43%), Vitamin B5: 0.14mg (1.41%), Folate: 5.48µg (1.37%), Copper: 0.02mg (1.22%)