



RITZ "Cuban" Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 oz colby & monterey jack cheese cut into 6 thin slices kraft
- 2 slices oscar mayer deli bold brown sugar ham fresh cut into thirds
- 6 slices claussen kosher dill pickles thin
- 12 ritz crackers
- 2 tsp grey poupon spicy brown mustard hearty

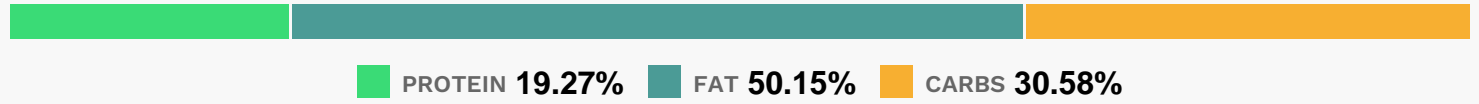
Equipment

- microwave

Directions

- Top 6 crackers with ham, cheese, pickles and mustard; cover each with second cracker.
- Place on microwaveable plate.
- Microwave on HIGH 10 sec. or until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:7.2160868592884%

Nutrients (% of daily need)

Calories: 107.33kcal (5.37%), Fat: 6.13g (9.44%), Saturated Fat: 2.3g (4.36%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 6.31g (2.29%), Sugar: 3.02g (3.36%), Cholesterol: 11.99mg (4%), Sodium: 1755.35mg (76.32%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.3g (10.61%), Vitamin K: 35.02µg (33.35%), Calcium: 155.87mg (15.59%), Vitamin B1: 0.19mg (12.75%), Vitamin B2: 0.17mg (10.19%), Phosphorus: 100.72mg (10.07%), Fiber: 2.1g (8.45%), Vitamin A: 385.4IU (7.71%), Potassium: 256.51mg (7.33%), Manganese: 0.14mg (6.84%), Selenium: 4.38µg (6.25%), Vitamin B6: 0.12mg (5.8%), Folate: 21.56µg (5.39%), Vitamin B3: 1.07mg (5.35%), Iron: 0.92mg (5.11%), Magnesium: 19.01mg (4.75%), Vitamin C: 3.91mg (4.74%), Zinc: 0.69mg (4.61%), Vitamin E: 0.54mg (3.58%), Copper: 0.07mg (3.49%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.19mg (1.89%)