



Sassy Ham & Dijon Coleslaw Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 slices oscar mayer deli ham smoked fresh
- 1 Tbsp grey poupon dijon mustard
- 2 cups coleslaw blend (cabbage slaw mix)
- 4 singles kraft
- 3 Tbsp miracle whip dressing
- 4 kaiser rolls split

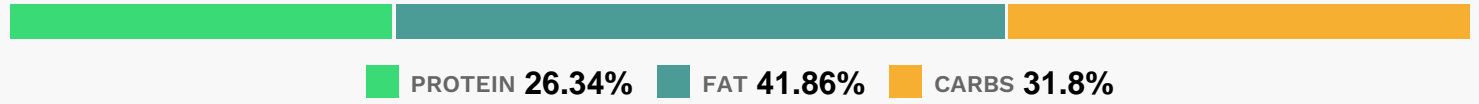
Equipment

- bowl

Directions

- Mix dressing and mustard in medium bowl.
- Add coleslaw blend; toss to coat.
- Fill rolls with ham, Singles and coleslaw.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:9.39, Inflammation Score:-1, Nutrition Score:6.5056521555652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 187.2kcal (9.36%), Fat: 8.59g (13.22%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 13.76g (5%), Sugar: 2.72g (3.03%), Cholesterol: 28.27mg (9.42%), Sodium: 710.82mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Iron: 4.75mg (26.36%), Vitamin B1: 0.28mg (18.71%), Selenium: 10.72µg (15.32%), Phosphorus: 105.06mg (10.51%), Vitamin B3: 2.04mg (10.2%), Vitamin K: 10.66µg (10.15%), Vitamin B6: 0.19mg (9.43%), Zinc: 1.08mg (7.23%), Vitamin B2: 0.11mg (6.28%), Vitamin C: 5.13mg (6.22%), Vitamin B12: 0.29µg (4.78%), Potassium: 157.47mg (4.5%), Fiber: 0.93g (3.73%), Magnesium: 10.91mg (2.73%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.31µg (2.09%), Copper: 0.04mg (2.05%), Folate: 7.47µg (1.87%), Manganese: 0.03mg (1.75%), Calcium: 15.37mg (1.54%), Vitamin E: 0.19mg (1.25%)