



## Shaved Ham & BBQ Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 Tbsp original barbecue sauce kraft
- 10 slices oscar mayer deli bold brown sugar ham fresh
- 2 hamburger buns split
- 2 Tbsp onions chopped

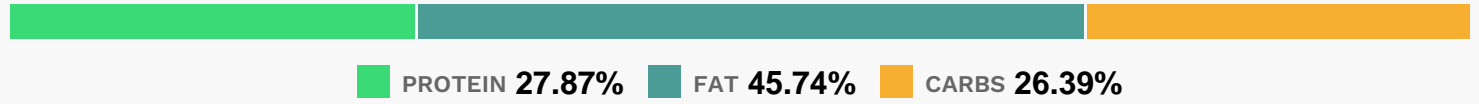
### Equipment

- bowl
- microwave

## Directions

- Toss ham with barbecue sauce and onions in microwaveable bowl.
- Microwave on HIGH 45 sec. or until heated through; stir.
- Fill buns with ham mixture.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:13.08, Inflammation Score:-3, Nutrition Score:18.37043476623%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 508.03kcal (25.4%), Fat: 25.33g (38.97%), Saturated Fat: 8.75g (54.69%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 31.71g (11.53%), Sugar: 12.02g (13.36%), Cholesterol: 86.8mg (28.93%), Sodium: 2137.27mg (92.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Vitamin B1: 1.09mg (72.36%), Selenium: 43.86µg (62.65%), Vitamin B3: 8.21mg (41.03%), Phosphorus: 351.03mg (35.1%), Vitamin B6: 0.59mg (29.51%), Vitamin B2: 0.45mg (26.71%), Zinc: 3.62mg (24.15%), Vitamin B12: 0.98µg (16.37%), Iron: 2.88mg (15.98%), Manganese: 0.3mg (15.12%), Potassium: 526.62mg (15.05%), Folate: 47.03µg (11.76%), Magnesium: 40.81mg (10.2%), Copper: 0.19mg (9.27%), Calcium: 82.43mg (8.24%), Vitamin B5: 0.69mg (6.94%), Vitamin D: 0.98µg (6.53%), Vitamin E: 0.83mg (5.51%), Fiber: 1.17g (4.69%), Vitamin K: 2.56µg (2.44%), Vitamin C: 1.45mg (1.76%), Vitamin A: 57.75IU (1.15%)