



Smoked Ham & Cheddar Heroes

READY IN



5 min.

SERVINGS



5

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 4 bread rolls split french (6 inch)
- 6 oz oscar mayer ham smoked
- 4 big mild cheddar cheese kraft
- 1 tomatoes thinly sliced

Equipment

Directions

- Spread rolls with pesto.
- Fill with remaining ingredients.

Nutrition Facts

PROTEIN 21.68% **FAT 52.85%** **CARBS 25.47%**

Properties

Glycemic Index:24.73, Glycemic Load:5.97, Inflammation Score:-4, Nutrition Score:7.4517390779827%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 199.72kcal (9.99%), Fat: 11.63g (17.89%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 11.22g (4.08%), Sugar: 2.33g (2.59%), Cholesterol: 22.88mg (7.63%), Sodium: 632.16mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.47%), Selenium: 14.4µg (20.57%), Vitamin B1: 0.31mg (20.39%), Manganese: 0.3mg (14.99%), Vitamin B3: 2.92mg (14.58%), Phosphorus: 111.27mg (11.13%), Vitamin A: 463.37IU (9.27%), Vitamin B6: 0.17mg (8.72%), Vitamin B2: 0.14mg (8.23%), Zinc: 1.09mg (7.29%), Iron: 1.24mg (6.9%), Folate: 23.92µg (5.98%), Calcium: 58.46mg (5.85%), Fiber: 1.39g (5.56%), Potassium: 187.8mg (5.37%), Magnesium: 18.57mg (4.64%), Vitamin C: 3.41mg (4.14%), Copper: 0.08mg (3.81%), Vitamin B12: 0.23µg (3.77%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 3.06µg (2.91%), Vitamin E: 0.3mg (2.03%), Vitamin D: 0.24µg (1.62%)