



## Sweet & Spicy Ham Pretzel Roll

READY IN



5 min.

SERVINGS



1

CALORIES



454 kcal

### Ingredients

- 5 slices oscar mayer deli bold brown sugar ham fresh
- 2 tsp honey mustard dressing kraft
- 2 onion separated thin
- 0.5 pretzel sandwich roll split (4 inch)
- 1 big sharp cheddar cheese kraft

### Equipment

### Directions

- Spread dressing onto cut sides of roll.

Fill with remaining ingredients.

## Nutrition Facts

**PROTEIN 29.41%** **FAT 48.4%** **CARBS 22.19%**

### Properties

Glycemic Index:54, Glycemic Load:4.54, Inflammation Score:-7, Nutrition Score:18.366521800342%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 44.66mg, Quercetin: 44.66mg, Quercetin: 44.66mg, Quercetin: 44.66mg

### Nutrients (% of daily need)

Calories: 453.55kcal (22.68%), Fat: 24.06g (37.01%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 21.08g (7.67%), Sugar: 11.34g (12.6%), Cholesterol: 87.8mg (29.27%), Sodium: 1736.79mg (75.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.89g (65.79%), Vitamin B1: 0.94mg (62.86%), Selenium: 33.16µg (47.38%), Vitamin B6: 0.8mg (39.83%), Phosphorus: 367.98mg (36.8%), Vitamin B3: 6.5mg (32.51%), Zinc: 3.66mg (24.39%), Vitamin B2: 0.37mg (21.95%), Potassium: 722.37mg (20.64%), Vitamin C: 16.31mg (19.77%), Manganese: 0.3mg (15.18%), Vitamin B12: 0.91µg (15.11%), Fiber: 3.74g (14.96%), Magnesium: 48.87mg (12.22%), Folate: 46.21µg (11.55%), Copper: 0.2mg (10.12%), Iron: 1.77mg (9.84%), Vitamin B5: 0.91mg (9.15%), Calcium: 67.47mg (6.75%), Vitamin D: 0.99µg (6.57%), Vitamin E: 0.56mg (3.7%)