



## You're My Hero Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 slices oscar mayer ham smoked
- 1 Tbsp 1 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup torn lettuce
- 1 6-inch pita bread (5 to )
- 1 Tbsp cheddar cheese shredded kraft
- 2 slices tomatoes thin
- 2 slices oscar mayer turkey breast smoked

## Equipment

plastic wrap

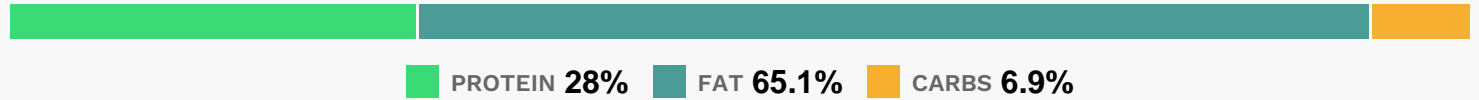
## Directions

Cut edge from top of pita; fill with lettuce, meats, tomatoes and cheese.

Drizzle with dressing; wrap in plastic wrap.

Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:19.4, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.82565217173618%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 21.62kcal (1.08%), Fat: 1.55g (2.38%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.24g (0.26%), Cholesterol: 4.43mg (1.48%), Sodium: 87.95mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin B1: 0.04mg (2.41%), Selenium: 1.59µg (2.27%), Phosphorus: 17.43mg (1.74%), Vitamin K: 1.73µg (1.64%), Vitamin B3: 0.28mg (1.4%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.17mg (1.14%), Vitamin B2: 0.02mg (1.03%)