



Zesty 100 Yard Bites

READY IN



20 min.

SERVINGS



12

CALORIES



181 kcal

SIDE DISH

Ingredients

- 3 big colby jack cheese cut into quarters kraft
- 12 slices oscar mayer deli honey ham fresh
- 12 claussen bread 'n butter pickle chips
- 1 tsp juice of lime fresh
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 12 pimento-stuffed olives green
- 2 plum tomatoes cut into 12 slices
- 12 slices oscar mayer deli slow roasted roast beef fresh
- 12 slider buns

1 Tbsp sriracha sauce hot (chili sauce)

Equipment

bowl

skewers

Directions

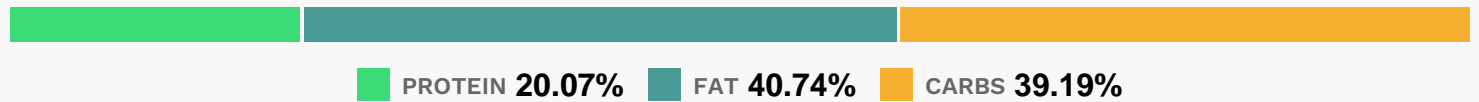
Mix mayo, Sriracha and lime juice in small bowl.

Spread each bun with 1/2 Tbsp. (1-1/2 tsp.) of the mayo mixture.

Fill each bun with 1 folded slice each ham and roast beef, a cheese slice quarter, tomato slice and pickle.

Top each bun with a small decorative bamboo skewer, skewered with an olive.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:4.2200000337932%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 181.26kcal (9.06%), Fat: 8.12g (12.49%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.98g (5.81%), Sugar: 3.11g (3.46%), Cholesterol: 19.16mg (6.39%), Sodium: 548.5mg (23.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Vitamin B1: 0.18mg (11.85%), Selenium: 6.66µg (9.51%), Vitamin B3: 1.41mg (7.03%), Iron: 1.23mg (6.81%), Phosphorus: 67.86mg (6.79%), Fiber: 1.59g (6.36%), Vitamin B6: 0.12mg (6.22%), Vitamin K: 5.42µg (5.17%), Zinc: 0.73mg (4.84%), Vitamin B2: 0.07mg (4.19%), Calcium: 38.38mg (3.84%), Vitamin C: 2.95mg (3.57%), Potassium: 121.18mg (3.46%), Vitamin B12: 0.2µg (3.3%), Vitamin E: 0.46mg (3.04%), Vitamin A: 123.41IU (2.47%), Magnesium: 7.87mg (1.97%), Copper: 0.04mg (1.92%), Vitamin B5: 0.15mg (1.5%), Vitamin D: 0.2µg (1.32%), Manganese: 0.02mg (1.01%)