

# APPLE, HAM & WHOLE GRAIN BREAD

**DIETITIAN TIP:** Use on crackers instead of bread for a healthy appetizer.

## ALL YOU NEED:

- 1 tbsp onion dip
- 1 slice Hy-Vee Bakery 10-grain bread
- 2 butter lettuce leaves
- 2 slices Hy-Vee Deli ham
- 1 Granny Smith apple, cored and sliced



## ALL YOU DO:

1. Spread onion dip on bread.
2. Top with lettuce
3. Place ham and apples on top

## NUTRITION FACTS PER SERVING: SERVING SIZE: 1

Calories: 220 Carbohydrate: 38g Cholesterol: 35mg Dietary Fiber: 6g Fat: 4.5g Protein: 13g  
Saturated Fat: 2g Sodium: 890mg Trans fats: 0g