



Baked Hawaiian Sandwiches

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 12 slices honey-cured deli ham halved thin
- 12 slices deli turkey smoked halved thin
- 0.3 cup onion flakes dried
- 24 hawaiian bread rolls split (such as King's®)
- 1 tablespoon dijon honey mustard
- 2 tablespoons poppy seeds
- 12 slices provolone cheese halved thin

- 12 slices swiss cheese halved
- 0.3 cup sugar white

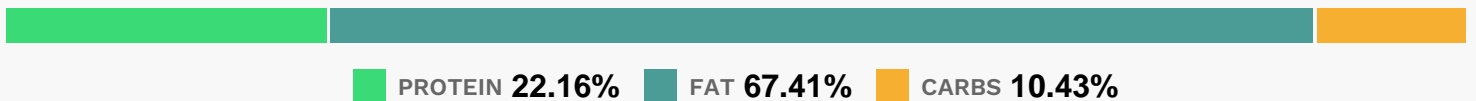
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Place a rack into lower half of oven and preheat oven to 400 degrees F (200 degrees C).
- Arrange bottom halves of Hawaiian rolls on a baking sheet.
- Place a half slice each of ham, Swiss cheese, smoked turkey, and provolone cheese onto each roll bottom.
- Place top halves onto each bottom to make sandwiches.
- Melt butter in a saucepan over low heat and stir in sugar, dried onion flakes, poppy seeds, and honey mustard until mixture is smoothly combined, creamy, and the sugar has dissolved, about 2 minutes; brush over the tops of each sandwich.
- Bake sandwiches on the preheated oven's lower rack until tops are golden brown and fillings are hot, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:1.55, Inflammation Score:-2, Nutrition Score:4.4039130159046%

Nutrients (% of daily need)

Calories: 156.85kcal (7.84%), Fat: 11.78g (18.13%), Saturated Fat: 6.54g (40.85%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.78g (3.09%), Cholesterol: 35.13mg (11.71%), Sodium: 335.38mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.43%), Calcium: 162.33mg (16.23%), Phosphorus: 144.58mg (14.46%), Selenium: 7.3µg (10.43%), Vitamin B12: 0.49µg (8.22%), Zinc: 1.11mg (7.41%), Vitamin B1: 0.1mg (6.43%), Vitamin A: 272.44IU (5.45%), Vitamin B2: 0.09mg (5.33%), Vitamin B6: 0.08mg (3.87%), Vitamin B3:

0.66mg (3.29%), Magnesium: 12.44mg (3.11%), Manganese: 0.06mg (3.09%), Potassium: 83.42mg (2.38%), Copper:
0.04mg (2.14%), Iron: 0.38mg (2.12%), Vitamin E: 0.25mg (1.65%), Vitamin B5: 0.16mg (1.61%)