



Cheesy Ham Griller

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

- 2 tsp butter softened
- 4 slices oscar mayer deli ham smoked fresh
- 1 tsp grey poupon savory honey mustard
- 1 singles kraft
- 2 slices cocktail rye bread

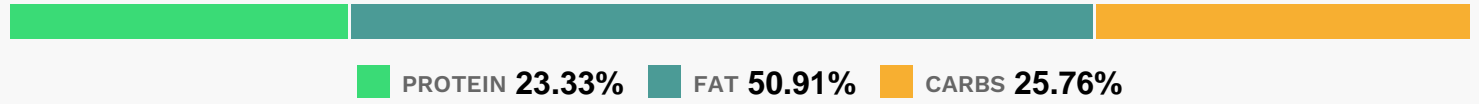
Equipment

- frying pan

Directions

- Spread bread slices with mustard; fill with Singles and ham.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:1.858260858885%

Nutrients (% of daily need)

Calories: 52.11kcal (2.61%), Fat: 2.9g (4.46%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.93g (1.07%), Sugar: 0.35g (0.39%), Cholesterol: 9.11mg (3.04%), Sodium: 181.76mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Selenium: 4.53µg (6.47%), Vitamin B1: 0.1mg (6.34%), Vitamin B3: 0.74mg (3.72%), Phosphorus: 33.13mg (3.31%), Vitamin B2: 0.05mg (2.75%), Manganese: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.34mg (2.24%), Folate: 7.41µg (1.85%), Iron: 0.28mg (1.55%), Fiber: 0.37g (1.49%), Potassium: 43.13mg (1.23%), Vitamin B12: 0.07µg (1.22%), Magnesium: 4.71mg (1.18%), Copper: 0.02mg (1.06%)