



Christy's Awesome Hot Ham and Cheese

READY IN



11 min.

SERVINGS



1

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 2 slices deli ham thin
- ☐ 1 teaspoon mayonnaise
- ☐ 2 slices grain bread whole
- ☐ 2 slices swiss cheese
- ☐ 1 teaspoon grain mustard whole

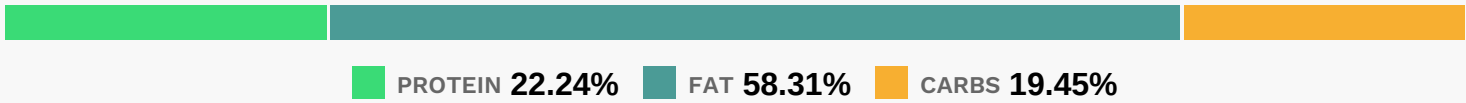
Equipment

- ☐ frying pan

Directions

- ☐ Preheat a skillet over medium-high heat.
- ☐ Spread one side of each slice of bread with 1 teaspoon butter.
- ☐ Place one slice, butter-side down in the hot skillet. Top with Swiss cheese and ham.
- ☐ Spread the unbuttered side of the second slice of bread with mayonnaise and mustard; place it, butter-side up on top of the sandwich. Cook until the sandwich is golden brown and the cheese is melted, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:228.7, Glycemic Load:14.64, Inflammation Score:-5, Nutrition Score:20.045652348872%

Nutrients (% of daily need)

Calories: 513.89kcal (25.69%), Fat: 33.19g (51.06%), Saturated Fat: 15.57g (97.3%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 21.34g (7.76%), Sugar: 2.57g (2.85%), Cholesterol: 89.52mg (29.84%), Sodium: 1124.32mg (48.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.48g (56.97%), Manganese: 1.23mg (61.31%), Selenium: 39.29µg (56.12%), Phosphorus: 442.36mg (44.24%), Calcium: 403.67mg (40.37%), Vitamin B1: 0.57mg (37.97%), Zinc: 3.82mg (25.45%), Vitamin B3: 5.03mg (25.16%), Vitamin B12: 1.41µg (23.45%), Vitamin B2: 0.33mg (19.25%), Vitamin B6: 0.36mg (18.08%), Magnesium: 67.62mg (16.91%), Fiber: 3.58g (14.3%), Vitamin K: 12.14µg (11.56%), Iron: 2.05mg (11.42%), Vitamin A: 539.93IU (10.8%), Copper: 0.19mg (9.67%), Potassium: 335mg (9.57%), Vitamin B5: 0.82mg (8.19%), Folate: 29.11µg (7.28%), Vitamin E: 1.09mg (7.26%), Vitamin D: 0.4µg (2.67%)