



Cordon Bleu Sandwiches

READY IN



30 min.

SERVINGS



30

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices oscar mayer deli bold brown sugar ham fresh
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 1 Tbsp grey poupon dijon mustard
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 4 kaiser rolls split
- 4 big aged swiss cheese kraft

Equipment

- oven

aluminum foil

Directions

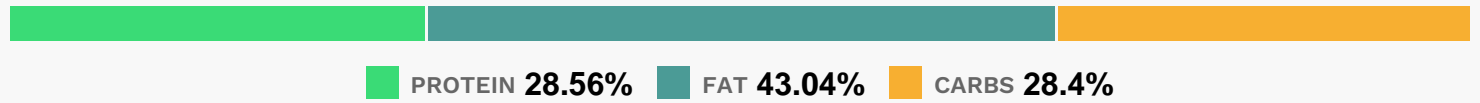
Heat oven to 400F.

Mix mayo and mustard until blended; spread onto cut sides of rolls.

Fill with meats and cheese. Wrap individually in foil.

Bake 20 min.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:2.1121739084306%

Nutrients (% of daily need)

Calories: 65.34kcal (3.27%), Fat: 3.08g (4.74%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.41g (1.61%), Sugar: 0.64g (0.71%), Cholesterol: 11.57mg (3.86%), Sodium: 234.94mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Iron: 1.55mg (8.6%), Selenium: 4.04µg (5.77%), Phosphorus: 49.92mg (4.99%), Vitamin B1: 0.07mg (4.72%), Vitamin B3: 0.94mg (4.69%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.15µg (2.45%), Calcium: 22.68mg (2.27%), Vitamin B2: 0.04mg (2.08%), Potassium: 51.82mg (1.48%), Magnesium: 4.37mg (1.09%), Vitamin B5: 0.11mg (1.09%)