



## Creamy Dijon Hot Ham Sandwiches

READY IN



20 min.

SERVINGS



20

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 slices oscar mayer deli honey ham fresh
- 1 Tbsp grey poupon dijon mustard
- 4 singles kraft
- 2 Tbsp miracle whip dressing
- 4 submarine rolls split
- 2 tomatoes cut into 4 slices each

### Equipment

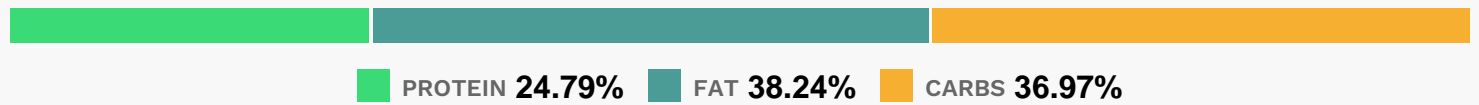
- baking sheet

- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Mix dressing and mustard; spread onto rolls. Fill with ham, tomatoes and Singles.
- Wrap individually in foil; place on baking sheet.
- Bake 10 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:7.15, Glycemic Load:4.72, Inflammation Score:-1, Nutrition Score:2.6500000020732%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 79.78kcal (3.99%), Fat: 3.35g (5.16%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.87g (2.5%), Sugar: 1.38g (1.53%), Cholesterol: 10.59mg (3.53%), Sodium: 281.99mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Iron: 2.32mg (12.91%), Vitamin B1: 0.11mg (7.13%), Selenium: 4.07µg (5.81%), Phosphorus: 41.64mg (4.16%), Vitamin B3: 0.83mg (4.13%), Vitamin B6: 0.07mg (3.71%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.04mg (2.38%), Potassium: 79.58mg (2.27%), Vitamin A: 108.43IU (2.17%), Vitamin C: 1.69mg (2.05%), Vitamin B12: 0.11µg (1.79%), Fiber: 0.42g (1.69%), Magnesium: 4.91mg (1.23%), Copper: 0.02mg (1.09%)