



## Cuban-Style Ham & Turkey Sandwiches

READY IN



24 min.

SERVINGS



24

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp butter
- 8 oz bread split french
- 4 oz oscar mayer carving board slow ham cooked
- 4 tsp grey poupon savory honey mustard
- 4 clausen kosher dill sandwich
- 4 big swiss cheese kraft
- 4 oz oscar mayer carving board oven roasted turkey breast

### Equipment

frying pan

spatula

## Directions

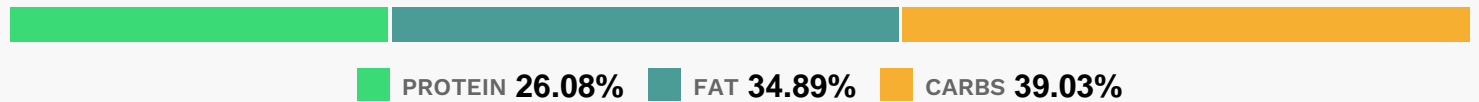
Spread bread with mustard; fill with all remaining ingredients except butter.

Cut into 4 pieces.

Melt butter in large skillet on medium-high heat.

Add sandwiches; cook 4 to 6 min. on each side or until cheese is melted and each sandwich is golden brown on both sides, occasionally pressing sandwiches with back of spatula to flatten slightly.

## Nutrition Facts



## Properties

Glycemic Index:6.56, Glycemic Load:3.79, Inflammation Score:-1, Nutrition Score:2.349999986184%

## Nutrients (% of daily need)

Calories: 56.25kcal (2.81%), Fat: 2.16g (3.32%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 5.22g (1.9%), Sugar: 0.65g (0.73%), Cholesterol: 8.42mg (2.81%), Sodium: 181.81mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Selenium: 5.25µg (7.51%), Vitamin B1: 0.1mg (6.58%), Vitamin B3: 1.1mg (5.49%), Phosphorus: 48.68mg (4.87%), Vitamin B2: 0.06mg (3.73%), Calcium: 31.66mg (3.17%), Folate: 12.45µg (3.11%), Manganese: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.57%), Iron: 0.44mg (2.42%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.12µg (2.05%), Magnesium: 6.17mg (1.54%), Potassium: 44.95mg (1.28%), Vitamin B5: 0.11mg (1.12%), Copper: 0.02mg (1.04%)