



 7%
HEALTH SCORE

Decadent Grilled Ham and Cheese Sandwich

READY IN



18 min.

SERVINGS



1

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 3 tablespoons cream cheese
- 2 tablespoons dill pickles chopped
- 1 slice ham
- 1 tablespoon mustard
- 1 slice swiss cheese

Equipment

Nutrition Facts

PROTEIN 17.62% FAT 55.49% CARBS 26.89%

Properties

Glycemic Index:144.67, Glycemic Load:15.05, Inflammation Score:-6, Nutrition Score:16.258260869565%

Nutrients (% of daily need)

Calories: 453.24kcal (22.66%), Fat: 28.1g (43.23%), Saturated Fat: 14.01g (87.54%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 27.45g (9.98%), Sugar: 5.44g (6.04%), Cholesterol: 77.11mg (25.7%), Sodium: 1169.23mg (50.84%), Protein: 20.08g (40.15%), Selenium: 36.44µg (52.06%), Manganese: 0.75mg (37.68%), Vitamin B1: 0.45mg (30.17%), Phosphorus: 297.22mg (29.72%), Calcium: 290.87mg (29.09%), Vitamin B3: 4.55mg (22.73%), Vitamin B2: 0.38mg (22.43%), Vitamin A: 791.19IU (15.82%), Zinc: 2.32mg (15.47%), Iron: 2.64mg (14.64%), Folate: 57.3µg (14.33%), Vitamin B12: 0.79µg (13.14%), Fiber: 3.18g (12.72%), Magnesium: 47.08mg (11.77%), Vitamin B6: 0.23mg (11.26%), Vitamin B5: 0.97mg (9.68%), Vitamin K: 9.09µg (8.66%), Potassium: 284.15mg (8.12%), Copper: 0.14mg (7.04%), Vitamin E: 0.77mg (5.14%), Vitamin D: 0.2µg (1.31%)