Deviled Ham and Cheddar Toasts

READY IN	SERVINGS	CALORIES
11 min.	10	205 kcal

Ingredients

- [ ] 1 baguette sliced lengthwise
- [ ] 0.3 teaspoon cayenne pepper
- [ ] 2 cups cheddar grated
- [ ] 0.5 teaspoon cider vinegar
- [ ] 8 ounces ham cooked finely chopped
- [ ] 0.3 cup mayonnaise reduced-fat
- [ ] 0.5 teaspoon worcestershire sauce

Equipment

- [ ] bowl

- [ ] baking sheet
- [ ] aluminum foil
- [ ] broiler

Directions

- [ ] Preheat broiler to high and line a large, rimmed baking sheet with foil. In a medium bowl, stir together ham, mayonnaise, cayenne pepper, Worcestershire sauce and vinegar.
- [ ] Place bread, cut side up, on baking sheet.
- [ ] Spread ham mixture evenly on top and sprinkle with Cheddar. Broil until cheese is bubbling and beginning to brown, 30 seconds to 1 minute.
- [ ] Remove from broiler and let stand 3 minutes. Slice into 24 pieces and serve warm.

Nutrition Facts

PROTEIN **23.57%** FAT **50.4%** CARBS **26.03%**

Properties

Glycemic Index:17.08, Glycemic Load:8.41, Inflammation Score:-3, Nutrition Score:7.9869564564332%

Nutrients (% of daily need)

Calories: 204.52kcal (10.23%), Fat: 11.35g (17.46%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.64g (4.6%), Sugar: 1.48g (1.65%), Cholesterol: 40.05mg (13.35%), Sodium: 614.49mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Selenium: 15.34µg (21.91%), Phosphorus: 194.67mg (19.47%), Calcium: 188.14mg (18.81%), Vitamin B1: 0.27mg (18.21%), Vitamin B2: 0.23mg (13.81%), Zinc: 1.54mg (10.26%), Vitamin B3: 1.96mg (9.8%), Vitamin B12: 0.56µg (9.32%), Folate: 32.48µg (8.12%), Manganese: 0.13mg (6.55%), Vitamin C: 5.36mg (6.5%), Iron: 1.12mg (6.22%), Vitamin B6: 0.1mg (5.05%), Vitamin A: 251.41IU (5.03%), Magnesium: 17.6mg (4.4%), Vitamin K: 4.34µg (4.14%), Vitamin B5: 0.39mg (3.89%), Potassium: 117.46mg (3.36%), Copper: 0.07mg (3.27%), Vitamin E: 0.38mg (2.53%), Fiber: 0.54g (2.15%)