



Dilly Ham and Cheese Sandwiches

READY IN



45 min.

SERVINGS



32

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

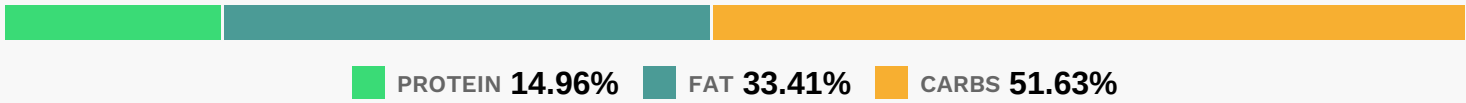
- ☐ 1 cup alouette garlic & herbs spreadable cheese (from 6.5-ounce container)
- ☐ 32 slices pumpernickel bread
- ☐ 0.5 pound deli honey ham shaved very thinly sliced
- ☐ 1 cucumber seedless thinly sliced
- ☐ 1 serving optional: dill fresh

Equipment

Directions

- ☐
- Spread about 1 1/2 teaspoons cheese on each bread slice. Top with ham, folded to fit, and 2 cucumber slices.
- ☐
- Garnish with tiny sprigs of dill weed.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:7.35, Inflammation Score:-2, Nutrition Score:5.0839130198178%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.19kcal (6.16%), Fat: 4.65g (7.15%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 16.16g (5.38%), Net Carbohydrates: 14.03g (5.1%), Sugar: 0.33g (0.36%), Cholesterol: 12.07mg (4.02%), Sodium: 313.42mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Manganese: 0.43mg (21.3%), Selenium: 9.48µg (13.54%), Vitamin B1: 0.15mg (9.98%), Fiber: 2.13g (8.51%), Folate: 30.63µg (7.66%), Phosphorus: 74.38mg (7.44%), Vitamin B2: 0.12mg (6.85%), Vitamin B3: 1.31mg (6.57%), Iron: 1.01mg (5.59%), Copper: 0.1mg (5.08%), Magnesium: 19.85mg (4.96%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.07mg (3.55%), Potassium: 100.63mg (2.88%), Calcium: 23.76mg (2.38%), Vitamin B5: 0.19mg (1.86%), Vitamin K: 1.79µg (1.71%), Vitamin E: 0.16mg (1.08%)