



Dressed-Up Ham & Cheese

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp chipotle peppers in adobo sauce canned chopped
- 16 slices oscar mayer deli ham smoked fresh
- 4 singles kraft
- 2 tsp olive oil
- 1 small onion thinly sliced cut in half,
- 4 portuguese water rolls split
- 2 mexican zucchini very thin cut lengthwise into slices

Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add onions; cook 5 min., stirring occasionally. Stir in zucchini; cook 3 min. Stir in peppers.
- Top vegetables with ham; cover. Cook 1 to 2 min. or until heated through. Top with Singles.
- Remove skillet from heat.
- Let stand, covered, 30 sec. or until Singles are melted.
- Fill rolls with ham and vegetable mixture.

Nutrition Facts

 **PROTEIN 32.67%** **FAT 60.98%** **CARBS 6.35%**

Properties

Glycemic Index:2.1, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.0004348055176%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 63.6kcal (3.18%), Fat: 4.27g (6.58%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.67g (0.74%), Cholesterol: 13.92mg (4.64%), Sodium: 270.4mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin B1: 0.15mg (9.67%), Selenium: 5.14µg (7.34%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 58.24mg (5.82%), Vitamin B3: 1.09mg (5.46%), Vitamin C: 3.77mg (4.57%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.59mg (3.96%), Potassium: 120.81mg (3.45%), Vitamin B12: 0.14µg (2.39%), Manganese: 0.04mg (2.12%), Magnesium: 8.17mg (2.04%), Iron: 0.28mg (1.57%), Copper: 0.03mg (1.55%), Folate: 6.04µg (1.51%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.17mg (1.13%), Fiber: 0.28g (1.12%), Vitamin K: 1.13µg (1.07%), Vitamin D: 0.16µg (1.05%)