



## Easy Grilled Ham & Swiss

READY IN



11 min.

SERVINGS



11

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 3 slices oscar mayer ham smoked fat free
- 2 tsp butter soft
- 1 milk swiss singles 2% kraft
- 2 slices bread whole wheat

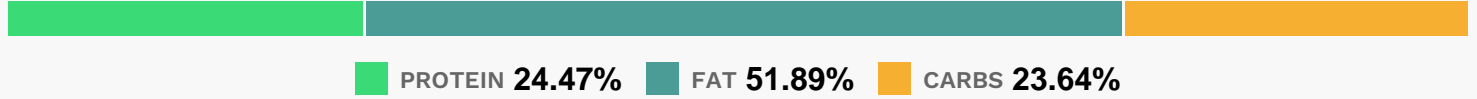
### Equipment

- frying pan

### Directions

- Cover 1 of the bread slices with Singles and ham; top with remaining bread slice.
- Spread outside of sandwich with margarine.
- Cook in skillet on medium heat for 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:9.79, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:1.5495652141778%

## Nutrients (% of daily need)

Calories: 37.69kcal (1.88%), Fat: 2.15g (3.31%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.23g (0.25%), Cholesterol: 4.75mg (1.58%), Sodium: 121.65mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Manganese: 0.11mg (5.49%), Vitamin B1: 0.07mg (4.4%), Selenium: 3.05µg (4.36%), Vitamin B3: 0.57mg (2.83%), Phosphorus: 27.42mg (2.74%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.27mg (1.78%), Vitamin B2: 0.03mg (1.52%), Magnesium: 5.41mg (1.35%), Fiber: 0.31g (1.22%), Iron: 0.2mg (1.09%)