

## Sweet Club Sandwich

READY IN



30 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 6 ounces deli honey ham thinly sliced
- 6 ounces deli turkey thinly sliced
- 4 tablespoons honey divided
- 6 ounces monterrey jack cheese sliced
- 0.3 cup raspberry jam
- 16 ounces regular crescent rolls refrigerated
- 1 tablespoon sesame seed

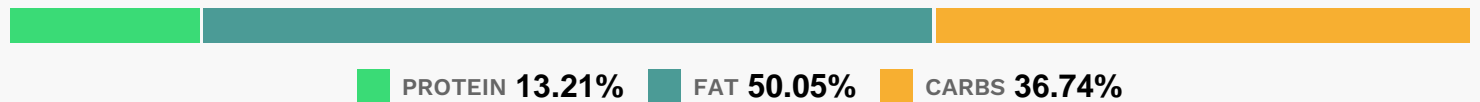
## Equipment

- bowl
- baking sheet
- oven
- baking pan

## Directions

- Unroll each tube of crescent roll dough into two rectangles.
- Place 2 in. apart on ungreased baking sheets; press perforations to seal.
- In a small bowl, combine butter and 2 tablespoons honey.
- Brush over dough.
- Bake at 375° for 10–12 minutes or until lightly browned. Cool on pans for 15 minutes.
- Carefully transfer one crust to a greased 15-in. x 10-in. x 1-in. baking pan.
- Layer with turkey, second crust, cheese and ham.
- Add third crust; spread with preserves.
- Top with remaining crust; spread with remaining honey.
- Sprinkle with sesame seeds.
- Bake, uncovered, at 375° for 10–15 minutes or until crust is golden brown and loaf is heated through. Carefully cut into slices.

## Nutrition Facts



## Properties

Glycemic Index:27.41, Glycemic Load:9.88, Inflammation Score:-2, Nutrition Score:5.8969565370808%

## Nutrients (% of daily need)

Calories: 449.41kcal (22.47%), Fat: 25.69g (39.53%), Saturated Fat: 12.35g (77.18%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 42.14g (15.32%), Sugar: 21.63g (24.04%), Cholesterol: 46.43mg (15.48%), Sodium:

1106.06mg (48.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Phosphorus: 199.47mg (19.95%), Calcium: 176.5mg (17.65%), Selenium: 8.66µg (12.37%), Zinc: 1.43mg (9.51%), Vitamin B1: 0.14mg (9.42%), Vitamin B2: 0.15mg (8.73%), Iron: 1.55mg (8.6%), Copper: 0.14mg (6.82%), Vitamin B6: 0.11mg (5.55%), Vitamin B12: 0.32µg (5.31%), Vitamin B3: 1.03mg (5.16%), Vitamin A: 251.06IU (5.02%), Magnesium: 19.88mg (4.97%), Potassium: 143.51mg (4.1%), Manganese: 0.04mg (2.2%), Vitamin D: 0.28µg (1.84%), Folate: 7.31µg (1.83%), Vitamin C: 1.3mg (1.57%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.23mg (1.55%), Fiber: 0.29g (1.18%)