



French Market Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 0.3 cup dijon mustard
- ☐ 12 large croissants split
- ☐ 2 pounds deli ham thinly sliced
- ☐ 0.5 teaspoon poppy seeds
- ☐ 1 ounce swiss cheese

Equipment

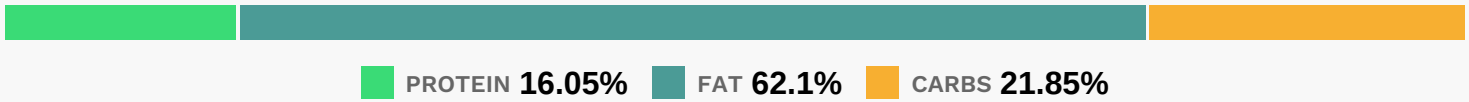
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Stir together first 3 ingredients in a small bowl.
- ☐ Spread on cut sides of croissants. Top bottom halves evenly with ham and cheese. Top with remaining croissant halves.
- ☐ Place sandwiches on baking sheets.
- ☐ Bake at 325 for 13 to 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:19.42, Inflammation Score:-6, Nutrition Score:14.369130401508%

Nutrients (% of daily need)

Calories: 570.55kcal (28.53%), Fat: 39.21g (60.33%), Saturated Fat: 20.1g (125.63%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 29.05g (10.56%), Sugar: 7.66g (8.51%), Cholesterol: 124.46mg (41.49%), Sodium: 1307.33mg (56.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Selenium: 35µg (50.01%), Vitamin B1: 0.73mg (48.41%), Phosphorus: 255.79mg (25.58%), Vitamin B3: 4.88mg (24.39%), Vitamin B2: 0.34mg (20.24%), Vitamin A: 876.32IU (17.53%), Vitamin B6: 0.33mg (16.61%), Zinc: 2.42mg (16.1%), Folate: 62.33µg (15.58%), Manganese: 0.26mg (13.09%), Iron: 2.12mg (11.77%), Vitamin B12: 0.69µg (11.44%), Vitamin B5: 0.96mg (9.64%), Potassium: 309.03mg (8.83%), Vitamin E: 1.2mg (7.99%), Fiber: 1.99g (7.96%), Magnesium: 29.07mg (7.27%), Copper: 0.12mg (6.17%), Calcium: 59.58mg (5.96%), Vitamin D: 0.53µg (3.53%), Vitamin K: 2.31µg (2.2%)