



Giant Ham-and-Pepper Sandwich

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anaheim chile peppers
- ☐ 1 tablespoon butter
- ☐ 1.3 pounds ham cooked thinly sliced
- ☐ 1 bell pepper green
- ☐ 3 green onions
- ☐ 1 bell pepper red
- ☐ 10 ounce pizza dough refrigerated canned
- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 0.3 cup thousand island salad dressing

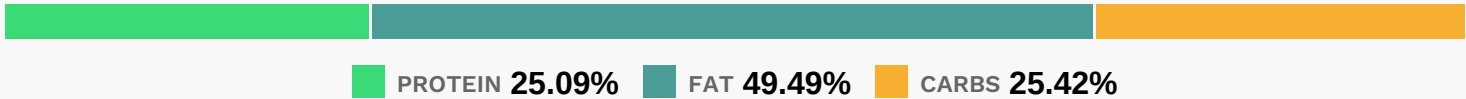
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut peppers into thin strips; slice green onions.
- ☐ Melt butter in a 10-inch cast-iron skillet over medium-high heat; add peppers and green onions, and cook, stirring constantly, until tender.
- ☐ Remove from skillet; wipe drippings from skillet, and set aside to cool.
- ☐ Unroll pizza dough, stretching to a 14 1/2-inch square (do not tear dough). Gently place dough in cooled skillet, allowing edges to overhang.
- ☐ Place ham, pepper mixture, salad dressing, and cheese on dough; bring corners and sides of dough over cheese. Twist corners together in center, forming a knot; pinch seams to seal.
- ☐ Bake at 425 for 15 to 20 minutes or until browned.
- ☐ Let stand 5 minutes before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:20.419130382331%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 458.2kcal (22.91%), Fat: 25.16g (38.71%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 26.73g (9.72%), Sugar: 7.2g (8.01%), Cholesterol: 100.94mg (33.65%), Sodium: 1838.6mg (79.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.39%), Vitamin C: 66.72mg (80.88%), Vitamin B1: 0.73mg (48.97%), Phosphorus: 421.41mg (42.14%), Selenium: 27µg (38.57%), Vitamin B12: 1.64µg (27.25%), Vitamin K: 25.14µg (23.94%), Vitamin A: 1151.02IU (23.02%), Vitamin B2: 0.39mg (22.71%), Zinc: 3.28mg (21.88%), Calcium: 216.85mg (21.69%), Vitamin B3: 3.75mg (18.76%), Vitamin B6: 0.37mg (18.37%), Iron: 2.53mg

(14.05%), Potassium: 396.33mg (11.32%), Vitamin B5: 1.03mg (10.31%), Fiber: 2.35g (9.38%), Magnesium: 34.24mg (8.56%), Vitamin E: 1.26mg (8.4%), Copper: 0.14mg (6.93%), Folate: 23.76µg (5.94%), Manganese: 0.11mg (5.44%), Vitamin D: 0.17µg (1.13%)