



Grilled Cheese-and-Ham Sandwiches

READY IN



18 min.

SERVINGS



10

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 6 ounce ham cooked
- ☐ 2 large eggs
- ☐ 1 cup milk
- ☐ 12 slices grain bread whole
- ☐ 0.5 cup ground pecans finely
- ☐ 6 ounce processed american cheese
- ☐ 0.3 cup spicy mustard

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6 ounce swiss cheese

Equipment

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frying pan

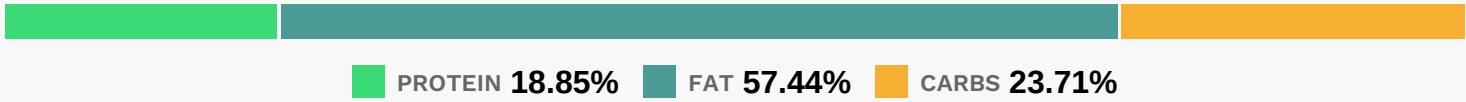
☐

whisk

Directions

- ☐ Spread mustard evenly on 1 side of 6 bread slices. Top with 1 slice each of cheeses and ham; top with remaining 6 bread slices.
- ☐ Whisk together eggs and next 3 ingredients until blended. Dip both sides of each sandwich in egg mixture.
- ☐ Melt 2 tablespoons butter in a heavy nonstick skillet over medium–low heat.
- ☐ Add 3 sandwiches, and cook 3 to 4 minutes on each side or until bread lightly browns and cheese begins to melt. Repeat procedure with remaining 2 tablespoons butter and 3 sandwiches; serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.37, Glycemic Load:9.4, Inflammation Score:-5, Nutrition Score:15.353478239282%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg

Nutrients (% of daily need)

Calories: 385.28kcal (19.26%), Fat: 24.8g (38.15%), Saturated Fat: 9.47g (59.17%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 20.27g (7.37%), Sugar: 8.7g (9.66%), Cholesterol: 83.5mg (27.83%), Sodium: 815.81mg (35.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Manganese: 0.98mg (49.18%), Calcium: 434.36mg (43.44%), Selenium: 26.99µg (38.56%), Phosphorus: 380.7mg (38.07%), Vitamin B1: 0.3mg

(20.05%), Vitamin B12: 1.1µg (18.4%), Zinc: 2.65mg (17.65%), Vitamin B2: 0.28mg (16.28%), Magnesium: 52.91mg (13.23%), Vitamin A: 606.64IU (12.13%), Vitamin B3: 2.4mg (12.02%), Fiber: 2.76g (11.04%), Vitamin B6: 0.21mg (10.38%), Copper: 0.18mg (9%), Iron: 1.58mg (8.75%), Vitamin B5: 0.77mg (7.67%), Potassium: 256.91mg (7.34%), Folate: 23.85µg (5.96%), Vitamin E: 0.87mg (5.77%), Vitamin D: 0.69µg (4.6%), Vitamin K: 3.67µg (3.5%)