



Grilled Ham and Cheese Pull-Apart Sandwich Loaf

READY IN



40 min.

SERVINGS



6

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf bread crumbs italian (10 to 12 inches)
- ☐ 3 tablespoons butter softened
- ☐ 1 tablespoon dijon mustard brown or country-style
- ☐ 6 oz swiss cheese
- ☐ 0.8 lb finely-chopped ham fully cooked thinly sliced

Equipment

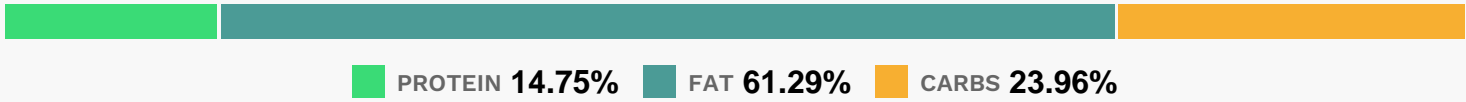
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Spray 25x18-inch sheet of heavy-duty foil with cooking spray. Without cutting all the way through, cut loaf of bread into 12 (3/4-inch) slices, cutting to within 1/4 inch of bottom.
- ☐ Stir together butter and mustard.
- ☐ Spread every other slice of bread with slightly less than 2 teaspoons mustard mixture, creating 6 sandwiches. Fold each slice of cheese in half diagonally; tuck each into sandwich. Divide ham evenly among sandwiches, tucking in to fit.
- ☐ Place loaf on center of foil. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion.
- ☐ Place foil-wrapped loaf on grill over medium heat. Cover grill; cook 20 to 25 minutes or until cheese is melted and loaf is hot, turning loaf frequently. To serve, open packet carefully to allow steam to escape.
- ☐ Remove foil from loaf; pull apart sandwiches.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:13.620869513439%

Nutrients (% of daily need)

Calories: 669.04kcal (33.45%), Fat: 45.48g (69.97%), Saturated Fat: 21.8g (136.22%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 37.26g (13.55%), Sugar: 23.36g (25.96%), Cholesterol: 67.76mg (22.59%), Sodium: 1080.94mg (47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.24%), Phosphorus: 360.53mg (36.05%), Selenium: 20.61µg (29.44%), Vitamin B12: 1.66µg (27.71%), Vitamin B1: 0.41mg (27.65%), Vitamin B3: 5.44mg (27.22%), Calcium: 259.39mg (25.94%), Zinc: 2.67mg (17.8%), Vitamin B2: 0.29mg (17.24%), Vitamin C: 13.23mg (16.04%), Folate: 52.06µg (13.02%), Iron: 2.14mg (11.91%), Fiber: 2.75g (11%), Potassium: 349.98mg (10%), Vitamin A: 487.47IU (9.75%), Magnesium: 35.51mg (8.88%), Vitamin B6: 0.17mg (8.37%), Vitamin B5: 0.63mg (6.3%), Copper: 0.08mg (3.99%), Vitamin E: 0.4mg (2.64%), Manganese: 0.04mg (1.92%)