



Grilled Ham and Cheese Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 tsp butter softened
- 8 slices oscar mayer ham smoked
- 4 singles kraft
- 8 slices bread white

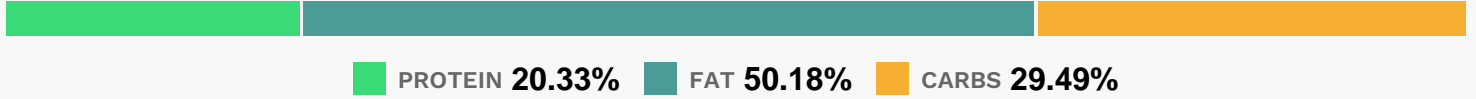
Equipment

- frying pan

Directions

- Fill bread slices with ham and Singles to make 4 sandwiches.
- Spread outsides of sandwiches with butter.
- Cook in skillet on medium heat 3 min. on each side or until lightly browned on both sides.

Nutrition Facts



Properties

Glycemic Index:4.99, Glycemic Load:4.68, Inflammation Score:-1, Nutrition Score:2.9939131053246%

Nutrients (% of daily need)

Calories: 90.71kcal (4.54%), Fat: 5g (7.7%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 6.31g (2.29%), Sugar: 0.73g (0.81%), Cholesterol: 9.3mg (3.1%), Sodium: 267.96mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin B1: 0.16mg (10.51%), Selenium: 6.48µg (9.26%), Vitamin B3: 1.3mg (6.51%), Phosphorus: 50.06mg (5.01%), Manganese: 0.08mg (4.05%), Vitamin B2: 0.07mg (3.92%), Folate: 15.27µg (3.82%), Vitamin B6: 0.07mg (3.46%), Iron: 0.58mg (3.21%), Calcium: 31.83mg (3.18%), Zinc: 0.47mg (3.14%), Vitamin A: 95.57IU (1.91%), Potassium: 59.99mg (1.71%), Magnesium: 6.51mg (1.63%), Vitamin B12: 0.1µg (1.63%), Copper: 0.03mg (1.45%), Vitamin B5: 0.14mg (1.42%), Fiber: 0.31g (1.23%), Vitamin E: 0.16mg (1.07%)