



Grilled Ham and Cheese Sandwich

READY IN



15 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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:18.69, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:11.225652181827%

Nutrients (% of daily need)

Calories: 340.15kcal (17.01%), Fat: 18.76g (28.87%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 23.65g (8.6%), Sugar: 2.74g (3.04%), Cholesterol: 34.88mg (11.63%), Sodium: 1004.84mg (43.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.21%), Vitamin B1: 0.59mg (39.4%), Selenium: 24.31µg (34.73%), Vitamin B3: 4.88mg (24.4%), Phosphorus: 187.73mg (18.77%), Manganese: 0.3mg (15.19%), Vitamin B2: 0.25mg (14.71%), Folate: 57.27µg (14.32%), Vitamin B6: 0.26mg (12.98%), Iron: 2.17mg (12.04%), Calcium: 119.36mg (11.94%), Zinc: 1.76mg (11.76%), Vitamin A: 358.4IU (7.17%), Potassium: 224.97mg (6.43%), Vitamin B12: 0.37µg (6.13%), Magnesium: 24.42mg (6.11%), Copper: 0.11mg (5.42%), Vitamin B5: 0.53mg (5.32%), Fiber: 1.15g (4.61%), Vitamin E: 0.6mg (4.02%), Vitamin D: 0.39µg (2.61%)