



WHATSheATE



Grilled Ham and Cheese Waffle Sandwiches



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound cheddar cheese thinly sliced
- ☐ 0.5 pound deli honey ham sliced
- ☐ 8 eggo homestyle waffles frozen
- ☐ 4 tablespoons butter unsalted

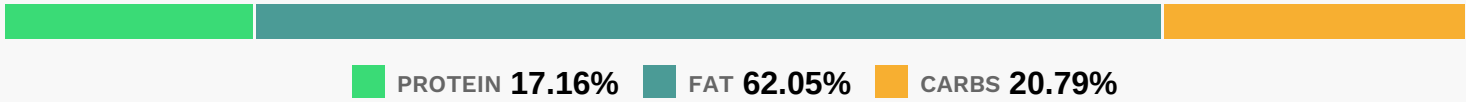
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Place 4 of the waffles on a work surface.
- ☐ Spread one side of each with the mustard (if using). Top with the ham, cheese, and the remaining waffles.
- ☐ Spread the top of each sandwich with 1/2 tablespoon of the butter. Melt the remaining butter in a large nonstick skillet over medium heat.
- ☐ Place the sandwiches in the skillet, buttered-side up. Cook, pressing occasionally with the back of a spatula, until the cheese melts and the waffles are golden, 3 to 4 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:18.750869520333%

Nutrients (% of daily need)

Calories: 548.42kcal (27.42%), Fat: 37.89g (58.29%), Saturated Fat: 17.85g (111.53%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 27.72g (10.08%), Sugar: 1.99g (2.21%), Cholesterol: 111.8mg (37.27%), Sodium: 1270.16mg (55.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.15%), Phosphorus: 473.64mg (47.36%), Vitamin B1: 0.67mg (44.55%), Calcium: 370.16mg (37.02%), Vitamin B2: 0.62mg (36.42%), Vitamin B3: 6.82mg (34.1%), Vitamin A: 1698.62IU (33.97%), Vitamin B6: 0.66mg (33.12%), Vitamin B12: 1.95µg (32.45%), Selenium: 21.03µg (30.05%), Iron: 5.16mg (28.67%), Zinc: 2.72mg (18.12%), Folate: 71.07µg (17.77%), Magnesium: 30.61mg (7.65%), Potassium: 247.55mg (7.07%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.39mg (3.92%), Fiber: 0.84g (3.36%), Copper: 0.06mg (2.93%), Vitamin K: 1.66µg (1.58%)