

DINNER

Grilled Ham and Havarti Sandwiches

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
21 min	5 min	16 min	4	\$0.54	210 kcal

Grilled Ham and Havarti Sandwiches requires about 21 minutes from start to finish. This main course has 210 calories, 17g of protein, and 14g of fat per serving. This recipe serves 4. For 54 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 teaspoons Dijon mustard
- ☐ 2 ounce Havarti cheese
- ☐ 1 ounce reduced-calorie rye bread
- ☐ 2 inch thick) slices tomato
- ☐ 8 ounces sliced lean ham
- ☐ 1 inch thick) slices red onion
- ☐ 4 teaspoons stone-ground mustard

EQUIPMENT Frying pan

Method

- 1

Combine stone-ground and Dijon mustards.
- 2

Spread mustard mixture evenly onto each of 4 bread slices. Top each evenly with ham, cheese, tomato, and red onion. Cover with remaining 4 bread slices.
- 3

Place a large nonstick skillet coated with cooking spray over medium-high heat.
- 4

Add 2 sandwiches to pan; cook 4 minutes on each side or until lightly browned. Repeat procedure with remaining 2 sandwiches.
- 5

Serve immediately.

Nutrition per serving

210

KCAL

17 g

PROTEIN

14 g

FAT

4 g

CARBS

Saturated Fat

5.9 g · 37% of daily needs

Fibre

0.8 g · 3% of daily needs

Sugar

0.4 g · 0% of daily needs

Sodium

905 mg · 39% of daily needs

Cholesterol

47.6 mg · 16% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-ham-and-havarti-sandwiches-148291