



WHATSheATE



Grilled Ham, Cheese, and Pineapple Sandwiches



Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 ounce nonfat process cheddar cheese
- ☐ 1 Dash ground nutmeg
- ☐ 2 ounce low-salt ham reduced-fat
- ☐ 2 teaspoons nonfat mayonnaise
- ☐ 1 inch pineapple fresh
- ☐ 3 ounce bread whole wheat reduced-calorie

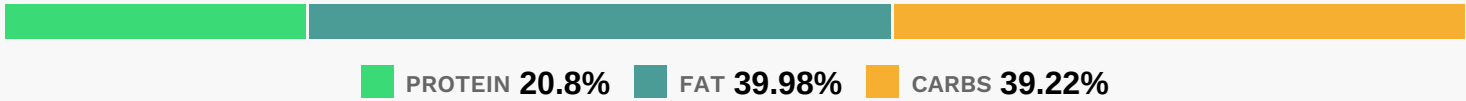
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ panini press

Directions

- ☐ Combine mayonnaise and nutmeg in a small bowl, stirring well.
- ☐ Spread mayonnaise mixture evenly over 2 bread slices; top each with a cheese slice, pineapple slice, ham slice, and a remaining bread slice.
- ☐ Transfer sandwiches to a sandwich press or hot griddle coated with cooking spray. Cook until bread is lightly browned and cheese melts.

Nutrition Facts



Properties

Glycemic Index:112.68, Glycemic Load:11.32, Inflammation Score:-3, Nutrition Score:9.9169563469679%

Nutrients (% of daily need)

Calories: 206.7kcal (10.33%), Fat: 9.23g (14.19%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 17.6g (6.4%), Sugar: 2.76g (3.06%), Cholesterol: 21.71mg (7.24%), Sodium: 377.85mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.59%), Manganese: 0.94mg (46.87%), Selenium: 17.01µg (24.3%), Calcium: 222.15mg (22.22%), Phosphorus: 197.45mg (19.75%), Vitamin B1: 0.18mg (11.68%), Vitamin B3: 2.3mg (11.48%), Fiber: 2.77g (11.07%), Zinc: 1.57mg (10.48%), Vitamin B2: 0.17mg (10.25%), Magnesium: 39.93mg (9.98%), Iron: 1.21mg (6.71%), Copper: 0.13mg (6.25%), Folate: 22.93µg (5.73%), Vitamin B6: 0.11mg (5.58%), Vitamin K: 5.05µg (4.81%), Potassium: 152.61mg (4.36%), Vitamin A: 215.57IU (4.31%), Vitamin B12: 0.25µg (4.23%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.39mg (2.61%)