



Grilled Ham, Muenster, and Spinach Sandwiches

READY IN



11 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach fresh
- ☐ 0.8 ounce top italian chicago-style toasted (1/)
- ☐ 8 ounces lower-sodium deli ham thinly sliced (such as Boar's Head)
- ☐ 0.3 cup mild chowchow (such as Braswell's)
- ☐ 4 ounce muenster cheese reduced-sodium (such as Alpine Lace)

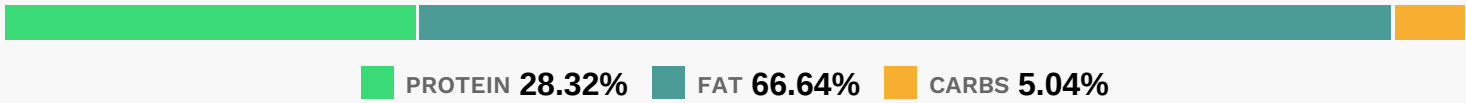
Equipment

- ☐ frying pan

Directions

- ☐ Layer each of 4 bread slices with 2 ounces ham, 1 slice Muenster cheese, 1/2 cup baby spinach, 1 tablespoon chowchow, and 1 bread slice.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat sandwiches with cooking spray; add to pan. Cook 2 minutes on each side or until browned and cheese melts.
- ☐ Cut sandwiches in half, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:15.289130231609%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 304.03kcal (15.2%), Fat: 22.35g (34.38%), Saturated Fat: 11.19g (69.95%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.29g (1.2%), Sugar: 2.05g (2.27%), Cholesterol: 69.43mg (23.14%), Sodium: 928.81mg (40.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.74%), Vitamin K: 73.33µg (69.84%), Vitamin A: 1764.21IU (35.28%), Phosphorus: 295.67mg (29.57%), Selenium: 19.13µg (27.33%), Calcium: 272.02mg (27.2%), Vitamin B1: 0.37mg (24.38%), Vitamin B2: 0.28mg (16.49%), Zinc: 2.46mg (16.41%), Vitamin B3: 2.91mg (14.55%), Vitamin B12: 0.85µg (14.24%), Vitamin B6: 0.27mg (13.27%), Folate: 39.03µg (9.76%), Potassium: 300.82mg (8.59%), Magnesium: 33.09mg (8.27%), Manganese: 0.15mg (7.27%), Iron: 1.14mg (6.33%), Vitamin C: 4.22mg (5.11%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.61µg (4.06%), Copper: 0.08mg (3.88%), Vitamin B5: 0.35mg (3.52%), Fiber: 0.52g (2.06%)