



## Grilled Ham Panini

READY IN



15 min.

SERVINGS



15

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 slices oscar mayer deli ham smoked fresh
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread (1/)
- 2 slices tomatoes thin

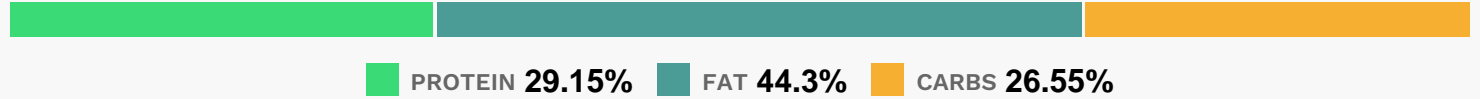
## Equipment

- frying pan
- grill pan

## Directions

- Spread bread slices with dressing; fill with remaining ingredients.
- Cook in heated grill pan or small skillet sprayed with cooking spray on medium heat 5 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:7.18, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:1.4221738900827%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 29.2kcal (1.46%), Fat: 1.42g (2.19%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.37g (0.41%), Cholesterol: 4.73mg (1.58%), Sodium: 114.05mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Manganese: 0.08mg (4.24%), Vitamin B1: 0.06mg (4.06%), Selenium: 2.66µg (3.8%), Vitamin B3: 0.52mg (2.6%), Phosphorus: 24.87mg (2.49%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.25mg (1.64%), Vitamin B2: 0.02mg (1.38%), Magnesium: 4.7mg (1.17%), Fiber: 0.29g (1.15%), Potassium: 39.84mg (1.14%)