



Grilled Hammy Sammy

READY IN



11 min.

SERVINGS



1

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli ham smoked fresh
- 1 Tbsp miracle whip dressing divided
- 1 deli deluxe process american cheese kraft
- 2 slices onion red thin
- 2 slices marble rye bread

Equipment

- frying pan

Directions

- Spread 1 bread slice with 1 tsp. dressing. Fill bread slices with cheese, ham and onions.
- Spread outside of sandwich with remaining dressing.
- Cook in skillet on medium heat 3 min. on each side or until cheese is melted and sandwich is golden brown on both sides.

Nutrition Facts

PROTEIN 27.47% **FAT 50.48%** **CARBS 22.05%**

Properties

Glycemic Index:106.33, Glycemic Load:15.02, Inflammation Score:-6, Nutrition Score:26.837391526803%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 676.55kcal (33.83%), Fat: 37.42g (57.57%), Saturated Fat: 14.35g (89.67%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 32.29g (11.74%), Sugar: 5.77g (6.42%), Cholesterol: 126.6mg (42.2%), Sodium: 2858.19mg (124.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.82g (91.65%), Selenium: 62.29µg (88.99%), Vitamin B1: 1.3mg (86.9%), Phosphorus: 583.05mg (58.31%), Vitamin B3: 9.97mg (49.87%), Vitamin B2: 0.64mg (37.79%), Vitamin B6: 0.73mg (36.57%), Zinc: 5.2mg (34.65%), Manganese: 0.6mg (29.78%), Calcium: 285.33mg (28.53%), Vitamin B12: 1.39µg (23.17%), Folate: 82.44µg (20.61%), Iron: 3.48mg (19.35%), Potassium: 663.16mg (18.95%), Fiber: 4.49g (17.97%), Magnesium: 65.78mg (16.44%), Copper: 0.28mg (13.95%), Vitamin B5: 1.17mg (11.68%), Vitamin D: 1.3µg (8.68%), Vitamin E: 0.99mg (6.6%), Vitamin A: 214.53IU (4.29%), Vitamin C: 2.33mg (2.82%), Vitamin K: 1.43µg (1.36%)