



Grilled Leftover Ham and Pineapple Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 tablespoons cream cheese softened
- ☐ 4 slices baked ham leftover
- ☐ 8 ounce pineapple rings drained canned
- ☐ 8 slices bread white

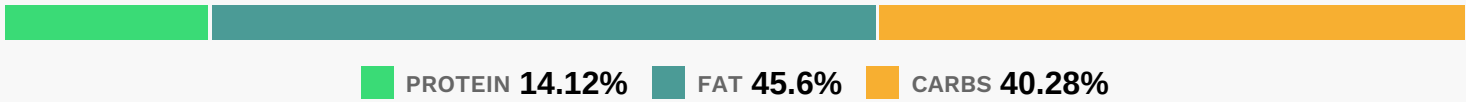
Equipment

- ☐ frying pan

Directions

- ☐ Spread cream cheese onto 4 slices of bread. Top the cream cheese with a slice of pineapple and a slice of ham. Cover with the remaining slices of bread.
- ☐ Heat the butter in a large skillet over medium heat. Fry sandwiches in butter until golden brown on both sides, about 4 minutes total.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:17.75, Inflammation Score:-5, Nutrition Score:10.32695662457%

Nutrients (% of daily need)

Calories: 338kcal (16.9%), Fat: 17.22g (26.49%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 32.34g (11.76%), Sugar: 11.3g (12.56%), Cholesterol: 47.06mg (15.69%), Sodium: 661.97mg (28.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Vitamin B1: 0.48mg (32.22%), Selenium: 19.5µg (27.86%), Vitamin B3: 3.81mg (19.03%), Folate: 60.69µg (15.17%), Manganese: 0.3mg (15.08%), Phosphorus: 137.58mg (13.76%), Vitamin B2: 0.23mg (13.5%), Calcium: 132.28mg (13.23%), Iron: 2.1mg (11.67%), Vitamin B6: 0.2mg (10.16%), Zinc: 1.23mg (8.17%), Vitamin A: 398.51IU (7.97%), Fiber: 1.89g (7.55%), Copper: 0.15mg (7.43%), Magnesium: 28.77mg (7.19%), Potassium: 229.71mg (6.56%), Vitamin C: 5.33mg (6.46%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.22µg (3.72%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.2µg (1.31%), Vitamin K: 1.29µg (1.23%)