



Grilled Pepperjack, Ham & Tomato Sandwich

READY IN



11 min.

SERVINGS



1

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli ham smoked fresh
- 1 milk pepperjack singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 slices sourdough bread
- 2 slices tomatoes

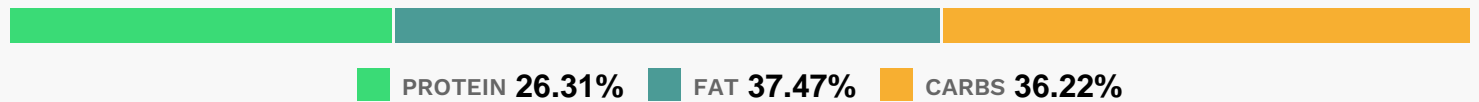
Equipment

- frying pan

Directions

- Spread bread slices with dressing. Cover 1 of the bread slices with ham, tomatoes and 2% Milk Singles; top with remaining bread slice.
- Spray skillet or griddle with cooking spray.
- Cook sandwich on medium heat (350F) for 3 minutes on each side or until sandwich is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:156.5, Glycemic Load:51.25, Inflammation Score:-6, Nutrition Score:29.450434815624%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 770.8kcal (38.54%), Fat: 31.74g (48.83%), Saturated Fat: 10.84g (67.74%), Carbohydrates: 69.04g (23.01%), Net Carbohydrates: 65.89g (23.96%), Sugar: 7.66g (8.51%), Cholesterol: 105.72mg (35.24%), Sodium: 2891.28mg (125.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.14g (100.29%), Vitamin B1: 1.92mg (127.99%), Selenium: 74.76µg (106.8%), Vitamin B3: 13.68mg (68.39%), Vitamin B2: 0.92mg (54.09%), Phosphorus: 496.21mg (49.62%), Folate: 162.78µg (40.69%), Vitamin B6: 0.78mg (38.88%), Iron: 6.49mg (36.06%), Zinc: 5.24mg (34.91%), Manganese: 0.7mg (34.83%), Potassium: 644.32mg (18.41%), Magnesium: 73.22mg (18.31%), Vitamin B12: 1.08µg (18.01%), Copper: 0.34mg (16.76%), Fiber: 3.14g (12.58%), Vitamin B5: 1.2mg (12.01%), Calcium: 80.71mg (8.07%), Vitamin D: 1.19µg (7.91%), Vitamin E: 0.88mg (5.9%), Vitamin K: 1.06µg (1.01%)