



## Grilled SPAM®, Tomato, Cheddar Cheese, and Sweet Onion Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter softened
- 8 slices cheddar cheese
- 12 ounce luncheon meat fully cooked cut into 1/4 inch slices canned (such as SPAM®)
- 0.3 cup spicy brown mustard
- 1 onion sweet thinly sliced
- 2 large tomatoes cut into 1/2-inch slices
- 8 slices bread whole wheat

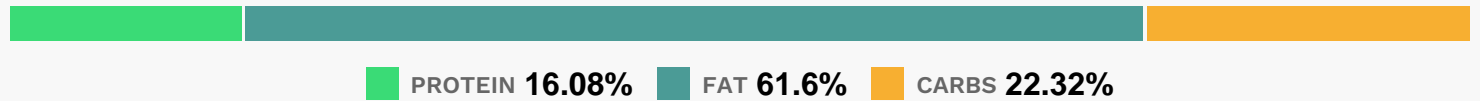
# Equipment

frying pan

# Directions

- Spread the mustard onto one side of each of the bread slices.
- Place the luncheon meat onto half of the bread slices, then top each with 2 slices of Cheddar cheese, sliced tomato, and onion.
- Place the remaining bread slices, mustard-side-down onto the onions.
- Spread butter evenly onto the outside of each sandwich.
- Heat a large skillet over medium-low heat.
- Place the sandwiches into the skillet, and cook until they are golden brown, then flip the sandwiches over, and continue cooking until golden brown and crispy on the other side, about 6 minutes per side. Allow the sandwiches to cool slightly before serving.

# Nutrition Facts



# Properties

Glycemic Index:54.17, Glycemic Load:15.69, Inflammation Score:-9, Nutrition Score:25.732608463453%

# Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg

# Nutrients (% of daily need)

Calories: 702.94kcal (35.15%), Fat: 48.45g (74.54%), Saturated Fat: 22.79g (142.45%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 33.63g (12.23%), Sugar: 9.36g (10.4%), Cholesterol: 124.89mg (41.63%), Sodium: 1947.13mg (84.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.9%), Manganese: 1.43mg (71.53%), Selenium: 49.39µg (70.56%), Phosphorus: 467.26mg (46.73%), Vitamin B1: 0.6mg (39.74%), Calcium: 370.52mg (37.05%), Vitamin B3: 6.24mg (31.22%), Vitamin A: 1466.81IU (29.34%), Zinc: 3.96mg (26.4%), Vitamin B6: 0.52mg (26.07%), Vitamin B2: 0.44mg (25.97%), Potassium: 854.92mg (24.43%), Fiber: 5.87g (23.46%),

Magnesium: 89.42mg (22.35%), Vitamin C: 16.5mg (20%), Folate: 67.41µg (16.85%), Iron: 2.74mg (15.24%), Copper: 0.29mg (14.64%), Vitamin K: 13.85µg (13.19%), Vitamin B12: 0.77µg (12.79%), Vitamin E: 1.81mg (12.04%), Vitamin B5: 0.75mg (7.49%), Vitamin D: 0.71µg (4.76%)