



Ham-and-Asparagus Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce asparagus spears frozen thawed
- ☐ 16 ounce round bread loaf split
- ☐ 3 tablespoons butter softened
- ☐ 2 small garlic cloves minced
- ☐ 16 slices praline-mustard glazed ham
- ☐ 0.3 cup mayonnaise
- ☐ 6 ounce muenster cheese
- ☐ 6 ounce swiss cheese

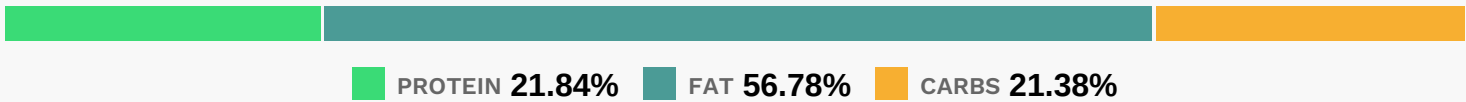
Equipment

- ☐ baking sheet

Directions

- ☐ Stir together butter and garlic.
- ☐ Spread butter mixture evenly over bottom half of bread.
- ☐ Spread mayonnaise evenly over top half of bread.
- ☐ Layer bottom half evenly with ham slices, asparagus, and cheese slices; place on a baking sheet.
- ☐ Broil 2 inches from heat 1 minute or just until cheese melts. Top with remaining bread half.

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:29.82, Inflammation Score:-9, Nutrition Score:42.644347771354%

Flavonoids

Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg, Isorhamnetin: 4.04mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 1093.59kcal (54.68%), Fat: 68.88g (105.96%), Saturated Fat: 26.77g (167.32%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 52.32g (19.02%), Sugar: 8.4g (9.33%), Cholesterol: 155.69mg (51.9%), Sodium: 2401.12mg (104.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.61g (119.22%), Selenium: 79.21µg (113.16%), Phosphorus: 873.57mg (87.36%), Calcium: 856.95mg (85.69%), Vitamin B1: 1.26mg (83.75%), Manganese: 1.51mg (75.55%), Vitamin B3: 12.11mg (60.55%), Vitamin K: 59.54µg (56.71%), Vitamin B2: 0.91mg (53.31%), Zinc: 7.25mg (48.35%), Vitamin B12: 2.65µg (44.22%), Iron: 6.86mg (38.1%), Folate: 146.38µg (36.6%), Vitamin B6: 0.69mg (34.51%), Vitamin A: 1706.19IU (34.12%), Magnesium: 104.04mg (26.01%), Fiber: 6.06g (24.22%), Copper: 0.44mg (21.75%), Potassium: 723.78mg (20.68%), Vitamin B5: 1.94mg (19.41%), Vitamin E: 2.57mg (17.14%), Vitamin D: 1.07µg (7.11%), Vitamin C: 4.68mg (5.68%)