



Ham and Cheese Dogs

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices finely-chopped ham cooked thin
- ☐ 4 tablespoons cheddar cheese cold softened (from 8-oz. container)
- ☐ 4 individual string cheese sticks (string cheese)
- ☐ 4 hotdog buns split
- ☐ 0.3 cup dijon honey mustard

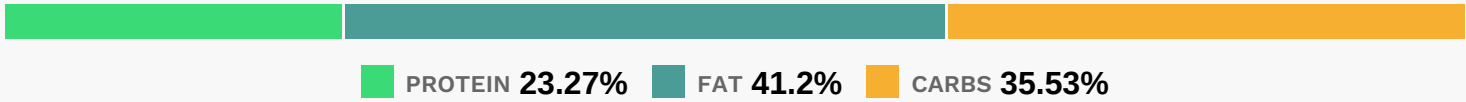
Equipment

- ☐ microwave

Directions

- ☐ Spread each ham slice with 1 tablespoon cold pack cheese food.
- ☐ Place 1 cheese stick on one side of each ham slice; roll up.
- ☐ Place rolls in buns. Wrap each in microwave-safe waxed paper.
- ☐ Microwave each sandwich on High for 20 to 30 seconds or until thoroughly heated, or serve sandwiches cold.
- ☐ Serve with honey mustard for dipping.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:12.83, Inflammation Score:-3, Nutrition Score:9.4682607080625%

Nutrients (% of daily need)

Calories: 332.7kcal (16.64%), Fat: 14.89g (22.9%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 28.12g (10.22%), Sugar: 6.26g (6.95%), Cholesterol: 50.56mg (16.85%), Sodium: 929.34mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.83%), Selenium: 21.35µg (30.5%), Vitamin B1: 0.38mg (25.57%), Phosphorus: 193.38mg (19.34%), Calcium: 188.81mg (18.88%), Vitamin B2: 0.26mg (15.24%), Vitamin B3: 2.78mg (13.9%), Manganese: 0.25mg (12.48%), Folate: 43.94µg (10.98%), Vitamin B12: 0.64µg (10.65%), Zinc: 1.49mg (9.9%), Iron: 1.72mg (9.55%), Vitamin C: 7.08mg (8.58%), Vitamin B6: 0.11mg (5.44%), Magnesium: 19.7mg (4.93%), Copper: 0.08mg (4.16%), Potassium: 142.08mg (4.06%), Vitamin A: 154.65IU (3.09%), Vitamin B5: 0.31mg (3.06%), Fiber: 0.76g (3.06%), Vitamin K: 2.4µg (2.29%), Vitamin E: 0.23mg (1.51%)