



Ham-and-Cheese Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 3 tablespoons dijon mustard
- 1 pound ham thinly sliced
- 8 hamburger buns split
- 0.3 cup mayonnaise
- 1 tablespoon onion grated
- 2 teaspoons poppy seeds
- 6 ounce swiss cheese

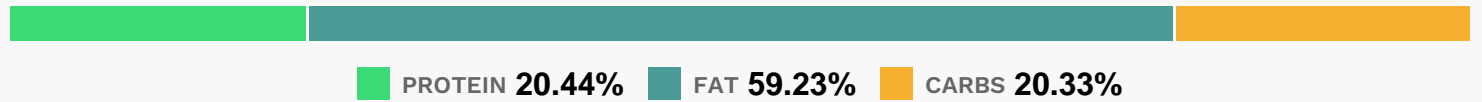
Equipment

- oven
- aluminum foil

Directions

- Combine first 5 ingredients; spread evenly on each bun half.
- Layer 8 bun halves evenly with cheese and ham; top with remaining halves. Wrap in aluminum foil; freeze.
- Bake, frozen in foil, at 350 for 1 hour or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:13.03, Inflammation Score:-5, Nutrition Score:14.644347784312%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 447.78kcal (22.39%), Fat: 29.23g (44.97%), Saturated Fat: 9.67g (60.47%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.4g (7.78%), Sugar: 3.33g (3.7%), Cholesterol: 57.87mg (19.29%), Sodium: 1098.24mg (47.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.38%), Selenium: 33.15µg (47.35%), Vitamin B1: 0.6mg (39.71%), Phosphorus: 302.87mg (30.29%), Calcium: 272.43mg (27.24%), Vitamin B3: 4.38mg (21.9%), Vitamin B2: 0.33mg (19.19%), Vitamin B12: 1.11µg (18.44%), Zinc: 2.67mg (17.78%), Manganese: 0.32mg (16.13%), Vitamin B6: 0.27mg (13.29%), Vitamin K: 13.86µg (13.2%), Iron: 2.18mg (12.09%), Folate: 45.7µg (11.43%), Vitamin A: 439.22IU (8.78%), Magnesium: 33.39mg (8.35%), Potassium: 249.75mg (7.14%), Vitamin E: 0.93mg (6.2%), Copper: 0.12mg (6.11%), Fiber: 1.18g (4.73%), Vitamin B5: 0.39mg (3.89%), Vitamin D: 0.41µg (2.74%)