



Ham and Cheese Toasted Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 ounces tub cream cheese light
- 4 ounces deli ham low-fat
- 1 teaspoon dijon mustard
- 1 tablespoon basil fresh chopped
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 2 inch tomatoes (1 large)
- 1 ounce bread whole wheat

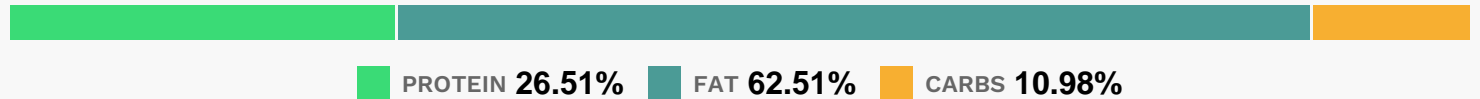
Equipment

- bowl
- baking sheet
- broiler

Directions

- Preheat broiler.
- Combine first 4 ingredients in small bowl; stir well.
- Spread about 1 tablespoon cream cheese mixture over each of 4 bread slices. Top each with 1 ounce ham, 2 tomato slices, and 1 tablespoon cheddar cheese.
- Place sandwich halves and remaining 4 slices bread on a baking sheet. Broil 2 minutes or until cheese is melted and bread is lightly browned. Top each sandwich half with remaining bread slice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:6.5213043002979%

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: 174.64kcal (8.73%), Fat: 12.05g (18.53%), Saturated Fat: 5.76g (36.03%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.23g (1.54%), Sugar: 1.24g (1.38%), Cholesterol: 39.41mg (13.14%), Sodium: 525.85mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.5g (22.99%), Selenium: 13.27µg (18.96%), Phosphorus: 164.29mg (16.43%), Vitamin B1: 0.21mg (14.07%), Calcium: 137.08mg (13.71%), Vitamin B2: 0.16mg (9.7%), Manganese: 0.19mg (9.33%), Zinc: 1.4mg (9.33%), Vitamin B3: 1.62mg (8.12%), Vitamin B12: 0.46µg (7.7%), Vitamin B6: 0.14mg (7.11%), Vitamin A: 259.01IU (5.18%), Potassium: 152.75mg (4.36%), Magnesium: 17.08mg (4.27%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 3.45µg (3.28%), Iron: 0.53mg (2.92%), Copper: 0.05mg (2.7%), Folate:

10.14µg (2.53%), Vitamin D: 0.33µg (2.17%), Fiber: 0.53g (2.14%), Vitamin E: 0.3mg (2.01%)