



WHATSheATE



Ham and Corn Relish Cooler-Pressed Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18.5 inch crusty baguette sliced lengthwise thin
- ☐ 4 ounces deli forest ham black cooked sliced thin
- ☐ 10 ounce regular corn (available at amazon.com)

Equipment

- ☐ aluminum foil

Directions

- ☐ Spread the relish along both halves of the baguette.
- ☐ Divide the ham evenly along the length.
- ☐ Close the baguette and wrap it tightly in waxed paper, then in aluminum foil.
- ☐ Place the sandwich at the bottom of the cooler so the weight of the other contents compresses the sandwich and allows the juices to soak into the bread.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:11.19, Inflammation Score:-3, Nutrition Score:4.4678260865419%

Nutrients (% of daily need)

Calories: 128.8kcal (6.44%), Fat: 1.89g (2.91%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 19.58g (7.12%), Sugar: 4.78g (5.31%), Cholesterol: 15.31mg (5.1%), Sodium: 367.01mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.19%), Vitamin B1: 0.13mg (8.95%), Manganese: 0.17mg (8.64%), Vitamin B3: 1.73mg (8.63%), Fiber: 1.95g (7.79%), Folate: 28.87µg (7.22%), Potassium: 250.07mg (7.14%), Phosphorus: 65.73mg (6.57%), Vitamin B5: 0.61mg (6.06%), Iron: 1.08mg (6.01%), Vitamin B6: 0.11mg (5.54%), Magnesium: 21.48mg (5.37%), Vitamin C: 3.9mg (4.72%), Vitamin B2: 0.08mg (4.59%), Vitamin A: 186.4IU (3.73%), Zinc: 0.53mg (3.55%), Selenium: 2.16µg (3.09%), Copper: 0.05mg (2.45%), Calcium: 14.46mg (1.45%)