



Ham and Cranberry Cream Cheese Sandwiches

READY IN



45 min.

SERVINGS



56

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 slices cinnamon-raisin bread (with pepperidge farm)
- ☐ 0.5 cup cream cheese (tub-style softened)
- ☐ 1.3 pounds ham (smoked very thin)
- ☐ 0.5 cup whole-berry cranberry sauce

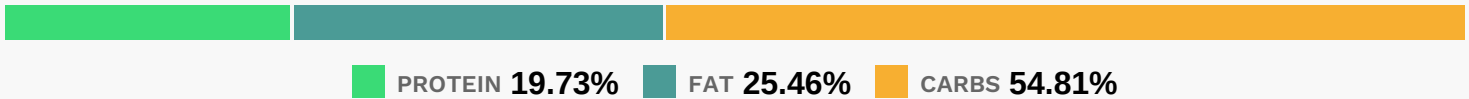
Equipment

- ☐ knife

Directions

- ☐ Combine cream cheese and cranberry sauce, stirring well.
- ☐ Spread a heaping teaspoon cream cheese mixture onto each bread slice. Top half of bread slices with 2 slices ham.
- ☐ Place remaining bread, cream cheese side down, onto ham.
- ☐ Cut each sandwich into 4 triangles using a sharp knife.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:4.46, Inflammation Score:-1, Nutrition Score:1.7534782509117%

Flavonoids

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 56.71kcal (2.84%), Fat: 1.64g (2.52%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.34g (2.67%), Sugar: 1.62g (1.8%), Cholesterol: 6.91mg (2.3%), Sodium: 174.51mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Phosphorus: 40.03mg (4%), Selenium: 2.78µg (3.98%), Folate: 13.99µg (3.5%), Vitamin B2: 0.06mg (3.35%), Manganese: 0.07mg (3.34%), Vitamin B1: 0.04mg (2.99%), Iron: 0.52mg (2.9%), Copper: 0.05mg (2.55%), Fiber: 0.59g (2.35%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.29mg (1.92%), Potassium: 60.02mg (1.71%), Magnesium: 6.75mg (1.69%), Calcium: 11.63mg (1.16%)