



Ham-and-Fontina Sourdough Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bibb lettuce leaves
- ☐ 0.5 lb deli ham thin
- ☐ 0.5 lb fontina
- ☐ 12 basil leaves fresh
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons pesto sauce refrigerated jarred
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 8 slices sourdough bakery bread

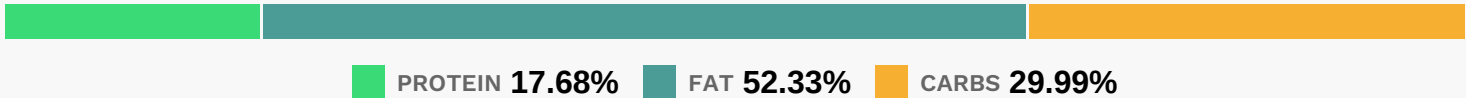
Equipment

Directions

- ☐
- Stir together first 3 ingredients.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:52.05, Inflammation Score:-10, Nutrition Score:37.825217164081%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 955.55kcal (47.78%), Fat: 55.55g (85.45%), Saturated Fat: 18.98g (118.65%), Carbohydrates: 71.63g (23.88%), Net Carbohydrates: 67.42g (24.52%), Sugar: 9.35g (10.39%), Cholesterol: 113.58mg (37.86%), Sodium: 2183.36mg (94.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.23g (84.46%), Vitamin B1: 1.3mg (86.95%), Selenium: 58.57µg (83.67%), Vitamin K: 85.69µg (81.61%), Vitamin C: 54.29mg (65.81%), Vitamin A: 3103.35IU (62.07%), Folate: 205.77µg (51.44%), Vitamin B2: 0.85mg (49.85%), Phosphorus: 479.13mg (47.91%), Vitamin B3: 9.3mg (46.52%), Calcium: 418.3mg (41.83%), Manganese: 0.8mg (40.11%), Iron: 6.34mg (35.22%), Zinc: 4.85mg (32.31%), Vitamin B6: 0.55mg (27.4%), Vitamin B12: 1.35µg (22.48%), Magnesium: 69.61mg (17.4%), Fiber: 4.21g (16.84%), Vitamin E: 2.26mg (15.05%), Potassium: 516.54mg (14.76%), Copper: 0.28mg (13.89%), Vitamin B5: 1.16mg (11.57%), Vitamin D: 0.79µg (5.29%)