



Ham and Goat Cheese Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 0.5 pound forest ham black thinly sliced
- ☐ 6 ounces goat cheese
- ☐ 4 servings chipotle hot sauce
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 cups baby greens mixed
- ☐ 8 slices whole-grain sandwich bread toasted
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 3 tablespoons pepitas green hulled chopped pumpkin seeds

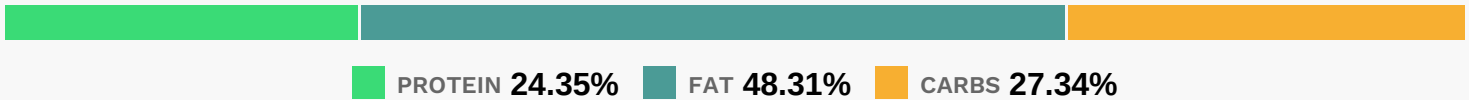
Equipment

☐ bowl

Directions

- ☐ Mash the goat cheese, pepitas and 2 to 3 teaspoons hot sauce in a bowl with a fork until combined.
- ☐ Spread the mixture evenly on 4 slices of bread, then top with the ham and avocado.
- ☐ Toss the arugula with the olive oil, a few dashes of hot sauce, and salt and pepper to taste in a bowl.
- ☐ Add the arugula to the sandwiches and cover with the remaining bread.
- ☐ Serve with potato salad.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:14.88, Inflammation Score:-7, Nutrition Score:20.775652284208%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 458.39kcal (22.92%), Fat: 25.05g (38.53%), Saturated Fat: 8.61g (53.79%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 24.72g (8.99%), Sugar: 5.31g (5.9%), Cholesterol: 50.18mg (16.73%), Sodium: 1201.61mg (52.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.83%), Manganese: 1.68mg (84.01%), Phosphorus: 354mg (35.4%), Copper: 0.64mg (32.21%), Fiber: 7.18g (28.71%), Magnesium: 111.11mg (27.78%), Selenium: 16.63µg (23.75%), Iron: 4.03mg (22.41%), Vitamin B1: 0.31mg (20.59%), Folate: 81.08µg (20.27%), Vitamin B3: 4.02mg (20.11%), Vitamin B2: 0.34mg (20.08%), Vitamin B6: 0.38mg (19.16%), Potassium: 652.04mg (18.63%), Vitamin K: 17.44µg (16.61%), Calcium: 163.04mg (16.3%), Zinc: 2.33mg (15.51%), Vitamin A: 742.88IU (14.86%), Vitamin B5: 1.45mg (14.52%), Vitamin E: 1.87mg (12.47%), Vitamin C: 9.88mg (11.98%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)