



Ham and Manchego Sandwiches with Tomato Jam

READY IN



45 min.

SERVINGS



8

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

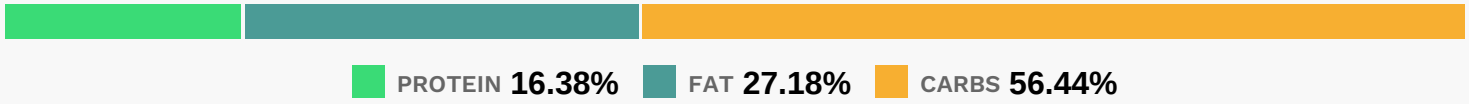
- ☐ 12 ounces thin- cured ham spanish
- ☐ 1 cup tomato jam
- ☐ 4 ounces parmesan cheese shaved thinly sliced (see notes)
- ☐ 4 oz salad greens rinsed
- ☐ 24 oz sandwich rolls

Equipment

Directions

- ☐ Slice rolls in half horizontally and spread top halves generously with tomato jam. On bottom half of each roll, equally layer ham, cheese, and arugula leaves.
- ☐ Place top of roll on filling.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:15.94, Inflammation Score:-6, Nutrition Score:16.733913027722%

Flavonoids

Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 535.03kcal (26.75%), Fat: 15.97g (24.57%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 74.62g (24.87%), Net Carbohydrates: 71.97g (26.17%), Sugar: 22.41g (24.9%), Cholesterol: 41.53mg (13.84%), Sodium: 1070.9mg (46.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.66g (43.32%), Selenium: 43.8µg (62.57%), Vitamin B1: 0.68mg (45.01%), Vitamin B3: 5.56mg (27.81%), Calcium: 266.62mg (26.66%), Folate: 100.5µg (25.12%), Vitamin B2: 0.42mg (24.95%), Manganese: 0.46mg (22.98%), Iron: 3.57mg (19.86%), Phosphorus: 191.5mg (19.15%), Vitamin K: 15.96µg (15.2%), Zinc: 1.88mg (12.52%), Copper: 0.23mg (11.36%), Fiber: 2.65g (10.6%), Vitamin B6: 0.21mg (10.51%), Magnesium: 39.4mg (9.85%), Potassium: 298.5mg (8.53%), Vitamin A: 414.33IU (8.29%), Vitamin C: 5.87mg (7.11%), Vitamin B5: 0.61mg (6.13%), Vitamin B12: 0.27µg (4.54%), Vitamin E: 0.62mg (4.15%), Vitamin D: 0.3µg (1.98%)