



Ham and Mushroom Melt

READY IN



22 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce bread french
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 large clove garlic split
- ☐ 4 ounces low-salt ham thinly sliced cut into thin strips reduced-fat
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 ounces provolone cheese thinly sliced

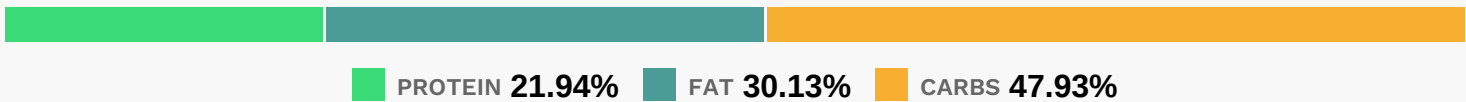
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut bread in half horizontally. Rub garlic over cut sides of bread; sprinkle with pepper.
- ☐ Place on a baking sheet, cut sides up. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 minutes.
- ☐ Coat a nonstick skillet with cooking spray; add margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add mushrooms; saute 8 minutes. Arrange mushrooms over bread; top with ham.
- ☐ Sprinkle with thyme; top with cheese. Broil 5 1/2 inches from heat 2 minutes or until cheese melts.
- ☐ Cut each bread half into 2 pieces.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:23.74, Inflammation Score:-6, Nutrition Score:16.784782679185%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 278.31kcal (13.92%), Fat: 9.61g (14.79%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 31.92g (11.61%), Sugar: 5.03g (5.59%), Cholesterol: 14.67mg (4.89%), Sodium: 533.85mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.5%), Vitamin B2: 0.78mg (45.77%), Selenium: 29.96µg (42.81%), Vitamin B3: 7.26mg (36.31%), Vitamin B1: 0.5mg (33.37%), Phosphorus: 273.4mg (27.34%), Copper:

0.47mg (23.69%), Folate: 91.35µg (22.84%), Manganese: 0.4mg (20.06%), Vitamin B5: 2mg (19.99%), Calcium: 198.99mg (19.9%), Iron: 3.03mg (16.86%), Potassium: 489.57mg (13.99%), Zinc: 1.91mg (12.74%), Vitamin B6: 0.21mg (10.4%), Fiber: 2.5g (9.98%), Magnesium: 35.68mg (8.92%), Vitamin B12: 0.39µg (6.44%), Vitamin A: 289.84IU (5.8%), Vitamin C: 3.02mg (3.66%), Vitamin D: 0.33µg (2.22%), Vitamin E: 0.26mg (1.73%), Vitamin K: 1.29µg (1.23%)