



Ham and Pineapple Fried Sandwiches

READY IN



25 min.

SERVINGS



2

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon butter
- 4 slices ham cooked
- 2 tablespoons cream cheese softened
- 2 eggs
- 0.5 cup milk
- 0.3 cup pineapple crushed drained
- 4 slices sourdough bread
- 2 slices swiss cheese
- 1 tablespoon vegetable oil

2 tablespoons sugar white

Equipment

bowl

frying pan

paper towels

whisk

Directions

Spread cream cheese on two slices of bread.

Layer 2 slices of ham, 2 tablespoons of pineapple, and one slice of cheese over the cream cheese. Then top each sandwich with one more slice of bread.

Cut off crusts.

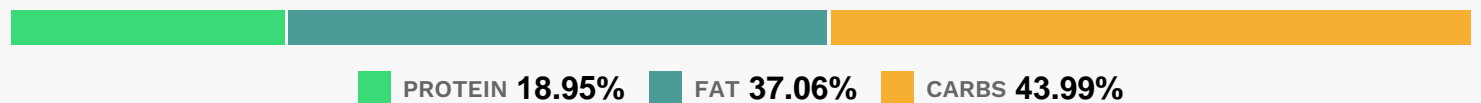
In a shallow bowl, whisk together eggs, milk and sugar. Briefly dip both sides of sandwiches in egg mixture.

Heat butter and oil in a large skillet over medium heat.

Place sandwiches in skillet, and fry on each side until golden brown and cheese is melted, about 5 minutes per side.

Drain on paper towels and cool for 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:146.3, Glycemic Load:60.95, Inflammation Score:-8, Nutrition Score:31.887391505034%

Nutrients (% of daily need)

Calories: 790.66kcal (39.53%), Fat: 32.66g (50.24%), Saturated Fat: 12.49g (78.06%), Carbohydrates: 87.2g (29.07%), Net Carbohydrates: 84g (30.54%), Sugar: 25.75g (28.61%), Cholesterol: 247.71mg (82.57%), Sodium: 1596.49mg (69.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.15%), Selenium: 68.94µg (98.49%), Vitamin B1: 1.29mg (86.19%), Vitamin B2: 1.06mg (62.31%), Phosphorus: 562.42mg (56.24%), Folate: 184.19µg (46.05%), Vitamin B3: 8.36mg (41.82%), Manganese: 0.71mg (35.74%), Iron: 6.38mg (35.44%), Vitamin B12:

2.06µg (34.34%), Calcium: 340.41mg (34.04%), Zinc: 4.25mg (28.31%), Vitamin B6: 0.43mg (21.73%), Vitamin B5: 1.98mg (19.77%), Vitamin C: 15.83mg (19.19%), Magnesium: 76.72mg (19.18%), Copper: 0.33mg (16.69%), Potassium: 528.06mg (15.09%), Vitamin A: 749.52IU (14.99%), Vitamin K: 14.64µg (13.94%), Fiber: 3.2g (12.8%), Vitamin E: 1.61mg (10.72%), Vitamin D: 1.55µg (10.34%)