



Ham and Swiss Sandwich Roll

READY IN



30 min.

SERVINGS



6

CALORIES



309 kcal

Ingredients

- 6 oz finely-chopped ham shaved cooked thinly sliced
- 1 eggs beaten
- 2 tablespoons dijon honey mustard
- 13.8 oz pizza dough refrigerated canned
- 1 teaspoon sesame seed
- 4.5 oz swiss cheese

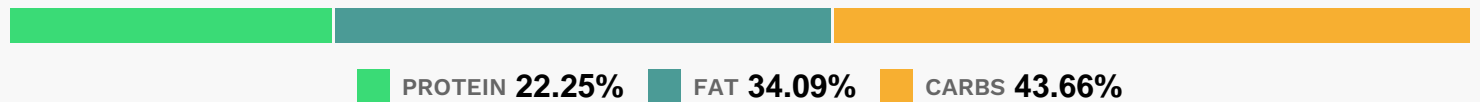
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F. Spray cookie sheet with cooking spray or grease with shortening. Unroll dough onto cookie sheet. Starting at center, press out dough into 14x8-inch rectangle.
- Spread honey-mustard over dough to within 1 inch of edges.
- Layer ham and cheese over mustard.
- Fold long sides of dough over filling to center of rectangle; pinch to seal. Pinch short sides to seal and tuck under.
- Brush with egg; sprinkle with sesame seed.
- Bake 16 to 18 minutes or until crust is golden brown.
- Cut into 6 pieces; serve warm.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:7.4500000710073%

Nutrients (% of daily need)

Calories: 308.6kcal (15.43%), Fat: 11.64g (17.9%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 32.52g (11.83%), Sugar: 5.07g (5.63%), Cholesterol: 67.75mg (22.58%), Sodium: 873.65mg (37.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.17%), Phosphorus: 221.44mg (22.14%), Selenium: 14.38µg (20.54%), Calcium: 198.29mg (19.83%), Vitamin B12: 1.11µg (18.45%), Iron: 2.21mg (12.26%), Zinc: 1.68mg (11.21%), Vitamin B1: 0.16mg (10.54%), Vitamin B2: 0.17mg (9.78%), Vitamin C: 6.61mg (8.01%), Vitamin B3: 1.04mg (5.2%), Vitamin B6: 0.1mg (5.13%), Vitamin B5: 0.45mg (4.51%), Vitamin A: 216.11IU (4.32%), Fiber: 1.02g (4.07%), Magnesium: 15.02mg (3.75%), Copper: 0.06mg (3.06%), Potassium: 106.44mg (3.04%), Folate: 6.53µg (1.63%), Vitamin E: 0.21mg (1.37%), Manganese: 0.02mg (1.23%)