



Ham-and-Swiss Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons butter melted
- ☐ 3 large eggs
- ☐ 12 slices bread french (3/4-inch-thick)
- ☐ 6 ounce baked ham
- ☐ 2 cups milk
- ☐ 1 tablespoon onion diced
- ☐ 6 ounce swiss cheese

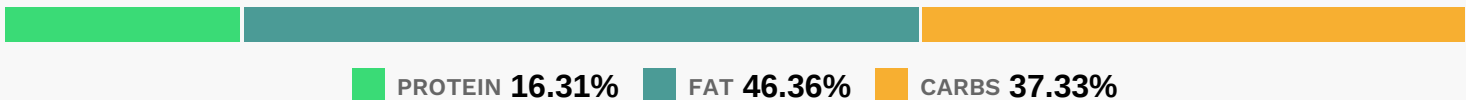
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 3 ingredients; spread evenly on 1 side of each bread slice. Arrange ham and cheese on half of bread slices, and top with remaining bread slices.
- ☐ Place in a 13- x 9-inch baking dish.
- ☐ Stir together eggs and milk, and pour over sandwiches, turning to coat. Cover and let stand 15 minutes.
- ☐ Coat a baking sheet with vegetable cooking spray, and brush with half of melted butter. Arrange sandwiches on baking sheet. Coat bottom of a second baking sheet with cooking spray, and brush with remaining melted butter.
- ☐ Place coated side down on top of sandwiches.
- ☐ Bake at 475 for 15 to 20 minutes or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:52.8, Inflammation Score:-8, Nutrition Score:28.321304029097%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 822.68kcal (41.13%), Fat: 42.53g (65.43%), Saturated Fat: 16.59g (103.66%), Carbohydrates: 77.03g (25.68%), Net Carbohydrates: 74.19g (26.98%), Sugar: 15.81g (17.57%), Cholesterol: 161.75mg (53.92%), Sodium:

1451.06mg (63.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.33%), Selenium: 60.95µg (87.07%), Vitamin B1: 1.14mg (76.06%), Vitamin B2: 0.93mg (54.79%), Phosphorus: 496.2mg (49.62%), Calcium: 447.61mg (44.76%), Folate: 173.37µg (43.34%), Vitamin B3: 7.57mg (37.86%), Manganese: 0.69mg (34.62%), Iron: 5.77mg (32.07%), Vitamin B12: 1.73µg (28.84%), Vitamin A: 1353.67IU (27.07%), Zinc: 3.89mg (25.96%), Vitamin B6: 0.36mg (18.15%), Magnesium: 69.88mg (17.47%), Vitamin B5: 1.4mg (13.99%), Copper: 0.25mg (12.68%), Potassium: 427.51mg (12.21%), Fiber: 2.84g (11.38%), Vitamin D: 1.59µg (10.62%), Vitamin E: 1.59mg (10.62%), Vitamin K: 2.11µg (2.01%)