



Ham and Swiss Stromboli

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 bacon crumbled cooked
- 6 ounces deli honey ham thinly sliced
- 11 ounces bread refrigerated french
- 6 spring onion sliced
- 6 ounces swiss cheese shredded

Equipment

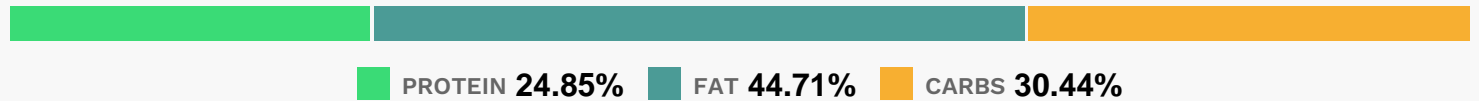
- baking sheet
- oven

knife

Directions

- Unroll dough into a rectangle on a greased baking sheet.
- Place ham over dough to within 1/2 in. of edges; sprinkle with onions, bacon and cheese.
- Roll up jelly-roll style, starting with a long side. Pinch seam to seal and tuck ends under.
- Place seam side down on baking sheet.
- With a sharp knife, cut several 1/4-in.-deep slits on top of loaf.
- Bake at 350° for 26–30 minutes or until golden brown. Cool slightly before slicing.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:15.81, Inflammation Score:-4, Nutrition Score:12.176521892133%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 281.57kcal (14.08%), Fat: 13.93g (21.42%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 20.24g (7.36%), Sugar: 2.01g (2.23%), Cholesterol: 40.88mg (13.63%), Sodium: 662.22mg (28.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.83%), Selenium: 26.48µg (37.84%), Vitamin B1: 0.46mg (30.44%), Phosphorus: 242.85mg (24.28%), Calcium: 218.35mg (21.84%), Vitamin B3: 3.73mg (18.64%), Vitamin K: 19.2µg (18.29%), Vitamin B2: 0.3mg (17.86%), Vitamin B12: 0.87µg (14.42%), Folate: 56.26µg (14.06%), Zinc: 2.11mg (14.05%), Manganese: 0.22mg (11.22%), Iron: 1.95mg (10.81%), Vitamin B6: 0.19mg (9.28%), Magnesium: 27.81mg (6.95%), Vitamin A: 269.17IU (5.38%), Potassium: 186.27mg (5.32%), Copper: 0.1mg (5.14%), Fiber: 1.09g (4.37%), Vitamin B5: 0.41mg (4.15%), Vitamin E: 0.37mg (2.46%), Vitamin C: 1.69mg (2.05%), Vitamin D: 0.18µg (1.21%)