



## Ham & Cheddar in a Loaf

READY IN



65 min.

SERVINGS



5

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb bread dough frozen thawed
- 9 oz oscar mayer deli ham smoked fresh
- 1 eggs beaten
- 0.3 cup miracle whip dressing
- 1 Tbsp parmesan cheese grated kraft
- 1 cup cheddar cheese shredded kraft

### Equipment

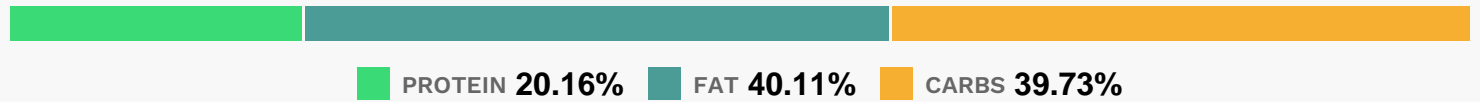
- baking sheet

- oven
- rolling pin

## Directions

- Heat oven to 350F.
- Flatten dough on lightly floured surface.
- Roll into 12x8-inch rectangle with rolling pin. Top with ham to within 1/2 inch of edges.
- Mix cheddar and dressing; spread over ham.
- Moisten edges of dough with water. Fold lengthwise into thirds; pinch seams together to seal.
- Place, seam side down, on baking sheet sprayed with cooking spray.
- Cut several slits in top.
- Brush with egg; sprinkle with Parmesan.
- Bake 35 to 40 min. or until golden brown. Cool 10 min. before slicing.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:8.7730434951575%

## Nutrients (% of daily need)

Calories: 474.82kcal (23.74%), Fat: 20.36g (31.32%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 43.37g (15.77%), Sugar: 1.42g (1.58%), Cholesterol: 88.99mg (29.66%), Sodium: 1310.64mg (56.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.06%), Selenium: 21.03µg (30.04%), Phosphorus: 237.11mg (23.71%), Vitamin B1: 0.32mg (21.14%), Calcium: 177.89mg (17.79%), Vitamin B2: 0.26mg (15.07%), Zinc: 2.17mg (14.47%), Vitamin B3: 2.3mg (11.48%), Vitamin B6: 0.23mg (11.26%), Vitamin B12: 0.66µg (10.97%), Fiber: 2.01g (8.05%), Vitamin A: 291.42IU (5.83%), Potassium: 183.58mg (5.25%), Vitamin B5: 0.46mg (4.65%), Vitamin D: 0.67µg (4.49%), Magnesium: 17.2mg (4.3%), Iron: 0.65mg (3.63%), Vitamin E: 0.45mg (3%), Copper: 0.06mg (2.83%), Folate: 10.47µg (2.62%)