



Ham & Cheese Grill

READY IN



11 min.

SERVINGS



11

CALORIES



77 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer deli ham smoked fresh
- 1 Tbsp real mayo mayonnaise kraft
- 1 milk american singles 2% kraft
- 0.3 tsp oregano leaves dried
- 2 slices sourdough bread
- 2 slices tomatoes thin

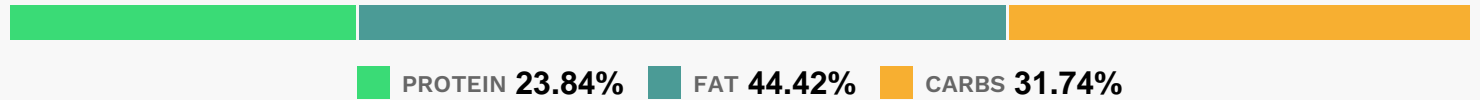
Equipment

- grill

Directions

- Heat grill to medium heat.
- Fill bread slices with 2% Milk Singles, tomatoes and ham.
- Mix mayo and oregano; spread onto outside of sandwich.
- Grill 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:19.23, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:2.9482608473981%

Nutrients (% of daily need)

Calories: 77.49kcal (3.87%), Fat: 3.79g (5.83%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.56g (0.62%), Cholesterol: 10.01mg (3.34%), Sodium: 259.36mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Vitamin B1: 0.17mg (11.65%), Selenium: 6.83µg (9.75%), Vitamin B3: 1.25mg (6.23%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 45.36mg (4.54%), Folate: 14.96µg (3.74%), Vitamin B6: 0.07mg (3.56%), Iron: 0.61mg (3.37%), Manganese: 0.07mg (3.27%), Zinc: 0.48mg (3.19%), Vitamin K: 2.4µg (2.28%), Magnesium: 6.78mg (1.69%), Potassium: 58.63mg (1.68%), Vitamin B12: 0.1µg (1.66%), Copper: 0.03mg (1.55%), Vitamin B5: 0.11mg (1.12%), Fiber: 0.28g (1.1%)