

Ham & Cheese on Rye with Dipping Sauce

READY IN



20 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp grey poupon harvest coarse ground mustard
- 15 slices oscar mayer deli virginia brand ham fresh
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 5 big mild cheddar cheese cut into 6 pieces kraft
- 30 woven rye crackers

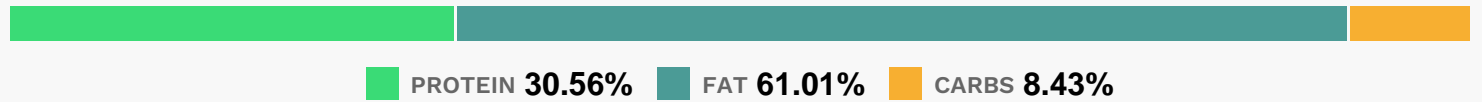
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Mix mayo and mustard until blended.
- Top each of 15 crackers with 1 cheese piece, 1 ham slice and second cheese piece. Cover with remaining crackers.
- Place in single layer on baking sheet.
- Bake 6 to 8 min. or until cheese begins to melt.
- Serve with mayo mixture.

Nutrition Facts



Properties

Glycemic Index:2.95, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6713043441591%

Nutrients (% of daily need)

Calories: 64.03kcal (3.2%), Fat: 4.29g (6.61%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.13g (0.14%), Cholesterol: 13.72mg (4.57%), Sodium: 282.33mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin B1: 0.13mg (8.83%), Selenium: 5.93µg (8.47%), Phosphorus: 56.79mg (5.68%), Manganese: 0.11mg (5.34%), Vitamin B3: 1.02mg (5.12%), Vitamin B6: 0.09mg (4.33%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.05mg (3.09%), Vitamin B12: 0.14µg (2.28%), Potassium: 73.2mg (2.09%), Magnesium: 8.19mg (2.05%), Iron: 0.29mg (1.64%), Vitamin K: 1.61µg (1.53%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.45%), Vitamin B5: 0.12mg (1.23%), Vitamin E: 0.16mg (1.08%)