



Ham & Cheese Pull-Apart

READY IN



35 min.

SERVINGS



6

CALORIES



521 kcal

SIDE DISH

Ingredients

- 6 oz oscar mayer deli ham smoked fresh
- 16 oz bread italian soft
- 6 singles kraft
- 2 Tbsp lite house dressing italian kraft
- 0.3 cup miracle whip dressing
- 6 slices tomatoes

Equipment

- oven

aluminum foil

Directions

Heat oven to 350F.

Mix dressings; set aside.

Cut ends off bread to make 12-inch loaf. Reserve removed bread for another use.

Cut loaf evenly into 12 slices, being careful not to cut all the way through to bottom of loaf.

Spread dressing mixture between every other pair of bread slices. Fill with Singles, ham and tomatoes. Wrap in foil.

Bake 15 to 20 min. or until heated through. (Or to serve as a cold sandwich, do not wrap in foil and omit the baking step.)

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:7.0886956297833%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 520.73kcal (26.04%), Fat: 32.92g (50.65%), Saturated Fat: 16.45g (102.84%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 40.18g (14.61%), Sugar: 26.13g (29.03%), Cholesterol: 19.01mg (6.34%), Sodium: 791.6mg (34.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.5%), Vitamin B3: 4.83mg (24.17%), Vitamin B1: 0.29mg (19.15%), Folate: 52.53µg (13.13%), Fiber: 3.24g (12.96%), Iron: 1.94mg (10.76%), Phosphorus: 105.79mg (10.58%), Selenium: 6.53µg (9.33%), Potassium: 322.54mg (9.22%), Vitamin B2: 0.14mg (8.15%), Vitamin B6: 0.13mg (6.62%), Zinc: 0.88mg (5.89%), Magnesium: 21.45mg (5.36%), Vitamin A: 258.11IU (5.16%), Vitamin K: 4.88µg (4.64%), Vitamin C: 3.72mg (4.51%), Vitamin B12: 0.18µg (3.02%), Vitamin E: 0.36mg (2.37%), Copper: 0.04mg (2.02%), Manganese: 0.04mg (1.81%), Vitamin B5: 0.15mg (1.54%), Calcium: 13.29mg (1.33%), Vitamin D: 0.2µg (1.32%)