



Ham Cordon Bleu Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices oscar mayer deli ham smoked fresh
- 3 slices oscar mayer deli turkey breast smoked fresh
- 1 milk swiss singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 slices multi-grain bread toasted

Equipment

- microwave

Directions

- Spread 1 toast slice with dressing; place on microwaveable plate. Top with ham, turkey and 2% Milk Singles.
- Microwave on HIGH 30 sec. or until Singles begins to melt. Cover with remaining toast slice.

Nutrition Facts



Properties

Glycemic Index:21.54, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:3.4669564805277%

Nutrients (% of daily need)

Calories: 76.11kcal (3.81%), Fat: 3.34g (5.14%), Saturated Fat: 1.12g (7%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.91g (1.02%), Cholesterol: 12.26mg (4.09%), Sodium: 332.32mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Manganese: 0.24mg (12.07%), Vitamin B1: 0.14mg (9.66%), Selenium: 6.71µg (9.58%), Phosphorus: 71.19mg (7.12%), Vitamin B3: 1.25mg (6.23%), Vitamin B6: 0.09mg (4.41%), Zinc: 0.63mg (4.19%), Vitamin B2: 0.06mg (3.29%), Magnesium: 13.14mg (3.28%), Fiber: 0.73g (2.93%), Iron: 0.49mg (2.72%), Copper: 0.05mg (2.56%), Potassium: 87.76mg (2.51%), Calcium: 20.4mg (2.04%), Vitamin B12: 0.11µg (1.81%), Vitamin B5: 0.15mg (1.54%), Folate: 5.21µg (1.3%)