



Ham-Mozzarella Melt

READY IN



11 min.

SERVINGS



11

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices oscar mayer ham smoked
- 2 slices bread italian
- 2 tsp butter soft
- 1 deli deluxe mozzarella cheese cut in half kraft

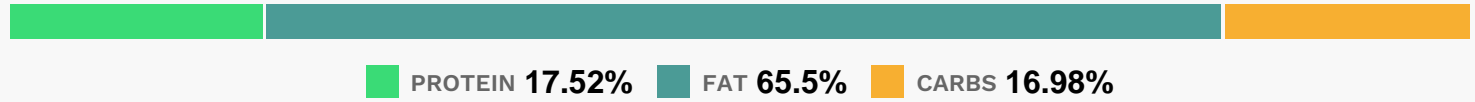
Equipment

- frying pan

Directions

- Top 1 bread slice with 1 cheese piece, ham and remaining cheese; cover with remaining bread slice.
- Spread outside of sandwich with margarine.
- Cook in small skillet on medium heat 3 min. on each side or until lightly browned on both sides.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.89434783565609%

Nutrients (% of daily need)

Calories: 45.26kcal (2.26%), Fat: 3.27g (5.03%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.12g (1.25%), Cholesterol: 4.81mg (1.6%), Sodium: 112.76mg (4.9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin B1: 0.05mg (3.41%), Vitamin B3: 0.5mg (2.52%), Selenium: 1.75µg (2.5%), Phosphorus: 18.21mg (1.82%), Vitamin B6: 0.03mg (1.46%), Zinc: 0.19mg (1.25%), Vitamin B2: 0.02mg (1.22%)