



Ham on Ghosts

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 12 slices deli ham
- ☐ 12 servings dijon honey mustard
- ☐ 24 slices bread white

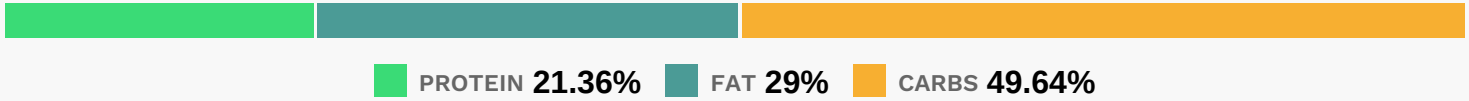
Equipment

- ☐ cookie cutter

Directions

- ☐
- Cut ghost shapes out of bread slices using a 3-to 4-inch ghost-shaped cookie cutter.
- ☐
- Cut the same shape from the cheese slices. Sandwich the ghost-shaped cheese between 2 ghost-shaped bread slices that have been spread lightly with honey mustard. Repeat with remaining bread and ham.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:17.54, Inflammation Score:-2, Nutrition Score:8.1291304354596%

Nutrients (% of daily need)

Calories: 205.04kcal (10.25%), Fat: 6.49g (9.99%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.85g (8.67%), Sugar: 2.87g (3.19%), Cholesterol: 17.36mg (5.79%), Sodium: 575.86mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.51%), Vitamin B1: 0.42mg (28.12%), Selenium: 17.96µg (25.65%), Vitamin B3: 3.63mg (18.15%), Manganese: 0.3mg (15%), Folate: 56.34µg (14.09%), Phosphorus: 116.42mg (11.64%), Calcium: 107.46mg (10.75%), Vitamin B2: 0.18mg (10.7%), Iron: 1.92mg (10.69%), Vitamin B6: 0.15mg (7.62%), Zinc: 1.09mg (7.26%), Magnesium: 18.82mg (4.7%), Fiber: 1.15g (4.6%), Copper: 0.09mg (4.26%), Vitamin B5: 0.4mg (3.96%), Potassium: 138.58mg (3.96%), Vitamin B12: 0.18µg (2.99%), Vitamin E: 0.21mg (1.41%), Vitamin D: 0.2µg (1.31%)