



Ham & Parm Grilled Sandwich

READY IN



11 min.

SERVINGS



11

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer deli ham smoked fresh
- 1 Tbsp 1 tbsp. kraft lite zesty italian dressing italian kraft
- 2 tsp parmesan cheese grated kraft
- 2 slices tomatoes
- 2 slices bread whole wheat

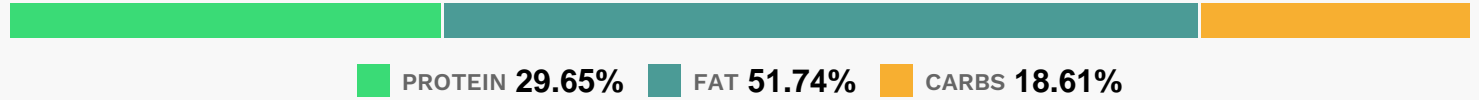
Equipment

- frying pan

Directions

- Fill bread slices with ham and tomatoes.
- Mix dressing and cheese; spread onto outside of sandwich.
- Cook in skillet sprayed with cooking spray on medium heat 2 to 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:9.79, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:2.5747826358546%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 57.91kcal (2.9%), Fat: 3.28g (5.05%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.5g (0.55%), Cholesterol: 10.25mg (3.42%), Sodium: 233.39mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin B1: 0.11mg (7.6%), Selenium: 5.12µg (7.32%), Manganese: 0.12mg (5.88%), Phosphorus: 50.54mg (5.05%), Vitamin B3: 0.94mg (4.69%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.49mg (3.28%), Vitamin B2: 0.05mg (2.72%), Potassium: 70.81mg (2.02%), Magnesium: 7.74mg (1.94%), Vitamin B12: 0.11µg (1.83%), Calcium: 17.95mg (1.8%), Iron: 0.28mg (1.58%), Vitamin K: 1.55µg (1.47%), Fiber: 0.36g (1.46%), Copper: 0.03mg (1.38%), Vitamin B5: 0.11mg (1.12%)