



## Ham & Pepper Jack Panini

READY IN



10 min.

SERVINGS



10

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 slices oscar mayer deli bold brown sugar ham fresh
- 2 big pepper jack cheese kraft
- 2 pepperoncini peppers sliced
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 4 slices rustic bread white

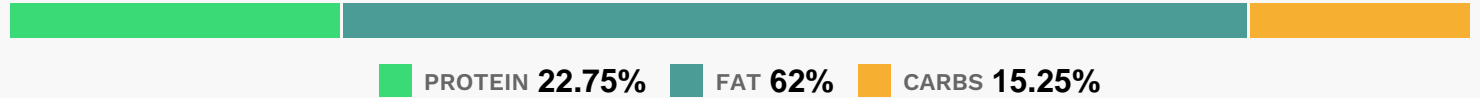
### Equipment

- frying pan

## Directions

- Fill bread slices with ham, peppers and cheese to make 2 sandwiches.
- Spread outsides of sandwiches with mayo.
- Cook in nonstick skillet on medium heat 3 min. on each side or until cheese is melted and sandwiches are golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.181304331059%

## Nutrients (% of daily need)

Calories: 120.63kcal (6.03%), Fat: 8.21g (12.63%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.19g (1.53%), Sugar: 2.61g (2.9%), Cholesterol: 17.99mg (6%), Sodium: 386.66mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Vitamin B1: 0.18mg (12.09%), Selenium: 6.46µg (9.23%), Vitamin B3: 1.63mg (8.17%), Phosphorus: 64.83mg (6.48%), Vitamin B6: 0.11mg (5.69%), Zinc: 0.68mg (4.52%), Vitamin B2: 0.07mg (4.17%), Vitamin B12: 0.18µg (3.01%), Potassium: 103.59mg (2.96%), Iron: 0.43mg (2.37%), Vitamin C: 1.65mg (2%), Magnesium: 7.13mg (1.78%), Folate: 6.61µg (1.65%), Vitamin K: 1.7µg (1.62%), Fiber: 0.35g (1.39%), Vitamin B5: 0.14mg (1.35%), Vitamin D: 0.2µg (1.31%), Copper: 0.03mg (1.29%), Vitamin E: 0.18mg (1.18%)