



HEALTH SCORE

69%

Ham & pineapple melt



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



1192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 wholemeal muffin split
- ☐ 2 slices ham
- ☐ 2 pineapples rings
- ☐ 1 handful mature cheddar grated
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 leaves crisp salad for dressing

Equipment

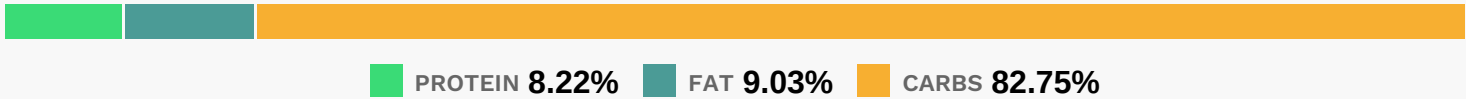
- ☐ baking pan

☐ grill

Directions

- ☐ Heat the grill to medium. Split the wholemeal muffin in half, then lightly toast. Top each half with 1 slice ham, 1 pineapple ring, drained of juice, and a small handful grated mature cheddar.
- ☐ Place on a baking tray and grill for 3–4 mins until bubbling and golden. Splash with Worcestershire sauce and serve by itself or with some crisp salad leaves.

Nutrition Facts



Properties

Glycemic Index:160.67, Glycemic Load:142.76, Inflammation Score:-10, Nutrition Score:50.834782579671%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 1192.36kcal (59.62%), Fat: 12.93g (19.89%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 266.65g (88.88%), Net Carbohydrates: 239.77g (87.19%), Sugar: 179.99g (199.99%), Cholesterol: 35.72mg (11.91%), Sodium: 1175.1mg (51.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Vitamin C: 867.68mg (1051.73%), Manganese: 16.99mg (849.58%), Vitamin B1: 1.88mg (125.47%), Vitamin B6: 2.27mg (113.3%), Fiber: 26.88g (107.52%), Copper: 2.15mg (107.29%), Folate: 350.51µg (87.63%), Potassium: 2346.22mg (67.03%), Vitamin B3: 12.57mg (62.83%), Magnesium: 242.4mg (60.6%), Vitamin B2: 0.82mg (48.1%), Vitamin B5: 4.37mg (43.71%), Iron: 7.15mg (39.74%), Phosphorus: 355.62mg (35.56%), Calcium: 294.25mg (29.42%), Zinc: 3.94mg (26.28%), Vitamin A: 1084.61IU (21.69%), Selenium: 14.89µg (21.28%), Vitamin K: 12.86µg (12.25%), Vitamin B12: 0.39µg (6.53%), Vitamin E: 0.58mg (3.9%), Vitamin D: 0.4µg (2.65%)