



Ham, Sliced Pear & Swiss Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon optional: dill dried
- ☐ 1 ounce ham lean
- ☐ 1 small pears thinly sliced
- ☐ 1 tablespoon greek yogurt plain low-fat
- ☐ 2 slices pumpernickel bread
- ☐ 1 ounce swiss cheese low-sodium

Equipment

- ☐ bowl

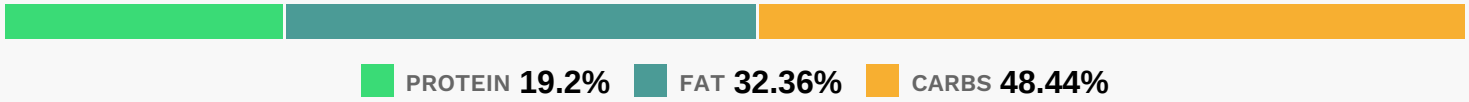
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 knife

Directions

- ☐ Combine yogurt and dill in a small bowl; stir until blended.
- ☐ Spread yogurt mixture on 1 slice of bread. Top with ham, half of the pear slices, cheese, and remaining bread slice. Slice in half using a sharp knife.
- ☐ Serve with remaining pear slices on the side.

Nutrition Facts



Properties

Glycemic Index:119.75, Glycemic Load:21.39, Inflammation Score:-5, Nutrition Score:18.273043730985%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 436.7kcal (21.83%), Fat: 16.04g (24.68%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 54.04g (18.01%), Net Carbohydrates: 45.26g (16.46%), Sugar: 15.37g (17.08%), Cholesterol: 44.81mg (14.94%), Sodium: 778.55mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Manganese: 0.92mg (46.08%), Selenium: 30.8µg (44%), Phosphorus: 356.43mg (35.64%), Fiber: 8.78g (35.13%), Calcium: 333.15mg (33.31%), Vitamin B1: 0.4mg (26.77%), Vitamin B2: 0.38mg (22.53%), Zinc: 3mg (20%), Folate: 73.28µg (18.32%), Vitamin B3: 3.5mg (17.52%), Vitamin B12: 1.04µg (17.29%), Copper: 0.34mg (17.16%), Magnesium: 60.79mg (15.2%), Iron: 2.51mg (13.94%), Vitamin B6: 0.26mg (12.77%), Potassium: 414.28mg (11.84%), Vitamin C: 6.49mg (7.87%), Vitamin K: 7.42µg (7.07%), Vitamin A: 295.63IU (5.91%), Vitamin B5: 0.58mg (5.82%), Vitamin E: 0.72mg (4.79%), Vitamin D: 0.2µg (1.32%)