



Ham-Swiss-and-Asparagus Sandwiches

READY IN



18 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound asparagus fresh
- ☐ 24 inch bread loaves split french
- ☐ 1 small garlic clove minced
- ☐ 1 leaf lettuce green
- ☐ 8 slices baked glazed ham
- ☐ 3 tablespoons butter light softened
- ☐ 3 tablespoons mayonnaise light
- ☐ 3 plum tomatoes sliced
- ☐ 4 slices swiss cheese

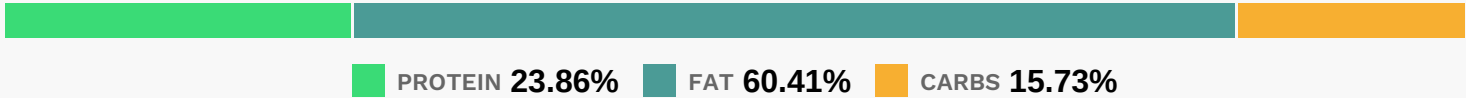
Equipment

☐ baking sheet

Directions

- ☐ Snap off tough ends of asparagus. Cook in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and chill.
- ☐ Stir together butter and garlic.
- ☐ Spread butter mixture evenly over bottom halves of bread.
- ☐ Spread mayonnaise evenly over top halves of bread.
- ☐ Layer bottom halves evenly with ham slices, asparagus, and cheese; place on a baking sheet.
- ☐ Broil 2 inches from heat 1 minute or just until cheese melts. Top evenly with lettuce, tomato, and top half of bread.
- ☐ * 6 ounces thinly sliced Brie with rind removed may be substituted for Swiss
- ☐ cheese slices.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:5, Inflammation Score:-8, Nutrition Score:18.70521746511%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 348.81kcal (17.44%), Fat: 23.67g (36.41%), Saturated Fat: 10.56g (66.02%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 10.88g (3.95%), Sugar: 4.12g (4.57%), Cholesterol: 63.34mg (21.11%), Sodium: 863.22mg (37.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.06%), Vitamin K: 46.68µg (44.45%), Vitamin B1: 0.54mg (36.27%), Selenium: 24.66µg (35.23%), Phosphorus: 299.16mg (29.92%), Vitamin A: 1367.46IU (27.35%), Vitamin B3: 4.48mg (22.4%), Calcium: 206.72mg (20.67%), Vitamin B2: 0.35mg (20.65%), Manganese:

0.39mg (19.68%), Zinc: 2.79mg (18.57%), Vitamin B6: 0.37mg (18.38%), Iron: 3.15mg (17.52%), Folate: 68.49µg (17.12%), Vitamin B12: 0.89µg (14.76%), Potassium: 492.26mg (14.06%), Vitamin C: 11.45mg (13.88%), Copper: 0.27mg (13.5%), Vitamin E: 1.94mg (12.97%), Fiber: 2.99g (11.97%), Magnesium: 40.58mg (10.15%), Vitamin B5: 0.74mg (7.41%), Vitamin D: 0.5µg (3.31%)