



Hamwiches

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 1 cup ham finely chopped
- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon mustard prepared
- ☐ 8 ounce crescent rolls refrigerated canned
- ☐ 2 ounces swiss cheese shredded

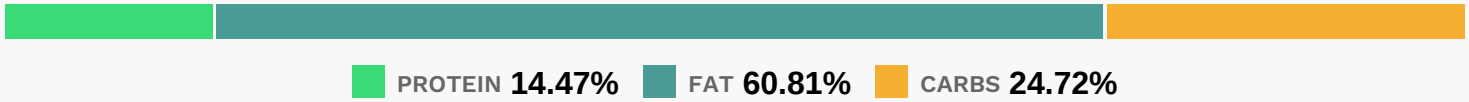
Equipment

- ☐ oven

Directions

- ☐ Unroll dough, and separate into 4 rectangles; press seams to seal.
- ☐ Combine mayonnaise and mustard; spread over rectangles, leaving a 1/2-inch border.
- ☐ Sprinkle ham and cheese evenly over half of each rectangle; moisten edges with water. Fold dough over, and pinch edges to seal.
- ☐ Bake at 375 for 10 minutes or until puffed and golden.
- ☐ Baked Hamwiches may be frozen in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:5.8156521700161%

Nutrients (% of daily need)

Calories: 363.77kcal (18.19%), Fat: 25.11g (38.64%), Saturated Fat: 10.19g (63.68%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 22.92g (8.33%), Sugar: 5.71g (6.34%), Cholesterol: 36.35mg (12.12%), Sodium: 922.74mg (40.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Selenium: 12.72µg (18.17%), Phosphorus: 158.35mg (15.83%), Vitamin B1: 0.21mg (14.31%), Calcium: 129.67mg (12.97%), Vitamin B12: 0.66µg (10.94%), Zinc: 1.44mg (9.63%), Vitamin B3: 1.58mg (7.88%), Vitamin B6: 0.14mg (7.2%), Vitamin B2: 0.12mg (7.16%), Iron: 1.06mg (5.91%), Vitamin K: 5.92µg (5.64%), Potassium: 112.74mg (3.22%), Magnesium: 11.96mg (2.99%), Vitamin A: 120.81IU (2.42%), Vitamin B5: 0.23mg (2.31%), Vitamin E: 0.33mg (2.2%), Copper: 0.04mg (1.87%), Vitamin D: 0.25µg (1.68%)