



H.A.T. Sandwich (Ham, Asparagus & Tomato)

READY IN



20 min.

SERVINGS



1

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 asparagus spears fresh trimmed
- ☐ 0.3 cup tightly baby spinach leaves packed
- ☐ 1 big colby jack cheese kraft
- ☐ 2 tsp olive oil extra virgin divided
- ☐ 2 oz oscar mayer carving board slow ham cooked
- ☐ 2 slices rustic bread white
- ☐ 2 slices tomatoes

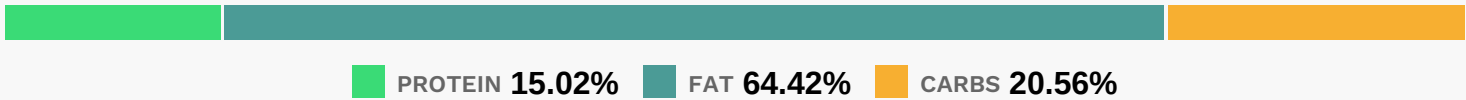
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat grill pan on high heat.
- ☐ Brush asparagus evenly with 1 tsp. oil; cook 5 to 8 min. or until crisp-tender, turning occasionally.
- ☐ Remove from pan.
- ☐ Cut to fit bread.
- ☐ Fill bread slices with cheese, asparagus, spinach, ham and tomatoes.
- ☐ Brush outside of sandwich with remaining oil.
- ☐ Cook in grill pan 6 to 8 min. or until golden brown on both sides, turning after 4 min.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:15.386956577716%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 459.36kcal (22.97%), Fat: 33.06g (50.86%), Saturated Fat: 12.55g (78.41%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 20.81g (7.57%), Sugar: 13.65g (15.17%), Cholesterol: 36.1mg (12.03%), Sodium: 834.94mg (36.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Vitamin K: 68.45µg (65.19%), Vitamin B1: 0.5mg (33%), Vitamin B3: 5.02mg (25.11%), Vitamin A: 1213.71IU (24.27%), Selenium: 14.56µg (20.8%), Folate: 75.21µg (18.8%), Phosphorus: 178.14mg (17.81%), Iron: 2.97mg (16.5%), Vitamin E: 2.39mg (15.93%), Vitamin B2: 0.27mg (15.87%), Vitamin B6: 0.29mg (14.54%), Potassium: 426.19mg (12.18%), Zinc: 1.81mg (12.1%), Fiber: 2.93g (11.73%), Copper: 0.18mg (8.97%), Manganese: 0.18mg (8.94%), Magnesium: 32.94mg (8.23%), Vitamin C: 5.97mg (7.23%), Vitamin B12: 0.37µg (6.19%), Vitamin B5: 0.44mg (4.43%), Calcium: 33.89mg (3.39%), Vitamin D: 0.4µg

(2.69%)