



WHATSheATE



## Hawaiian Grilled Cheese Sandwiches

READY IN



12 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 slices processed cheese food
- ☐ 4 ounces deli ham
- ☐ 4 servings mustard
- ☐ 1 cup pineapple chunks dry canned packed in juice, drained and patted
- ☐ 2 tablespoons butter unsalted softened
- ☐ 8 slices bread white

### Equipment

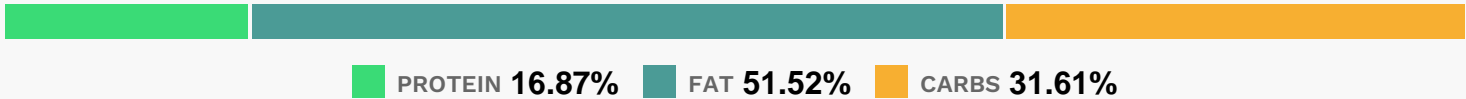
- ☐ frying pan

☐ spatula

## Directions

- ☐ Spread one side of each slice of bread with butter.
- ☐ Lay ham on unbuttered side of 4 of the slices. Top each with 2 slices of cheese and pineapple chunks.
- ☐ Spread unbuttered sides of remaining bread slices with mustard, if desired.
- ☐ Place those 4 slices, buttered sides up, on top of pineapple.
- ☐ Place sandwiches in a large nonstick skillet over medium-low heat and cook, pressing down on them occasionally with a spatula, until golden on one side, 3 to 4 minutes. Carefully turn and continue to cook until golden on the other side, about 3 minutes longer.
- ☐ Cut each sandwich in half and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:33.44, Glycemic Load:17.97, Inflammation Score:-6, Nutrition Score:15.823478076769%

## Nutrients (% of daily need)

Calories: 448.44kcal (22.42%), Fat: 25.81g (39.71%), Saturated Fat: 13.3g (83.14%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 33.49g (12.18%), Sugar: 12.13g (13.48%), Cholesterol: 74.63mg (24.88%), Sodium: 1333.19mg (57.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Calcium: 560.68mg (56.07%), Selenium: 28.53µg (40.75%), Phosphorus: 397.61mg (39.76%), Vitamin B1: 0.5mg (33.35%), Vitamin B3: 3.88mg (19.38%), Vitamin B2: 0.3mg (17.59%), Manganese: 0.34mg (16.92%), Folate: 63.23µg (15.81%), Zinc: 2.24mg (14.94%), Vitamin B12: 0.82µg (13.72%), Iron: 2.44mg (13.54%), Vitamin A: 605.45IU (12.11%), Vitamin B6: 0.22mg (11.22%), Magnesium: 41.22mg (10.3%), Copper: 0.17mg (8.65%), Fiber: 2.13g (8.54%), Potassium: 277.54mg (7.93%), Vitamin C: 5.58mg (6.76%), Vitamin B5: 0.59mg (5.9%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.56µg (3.7%), Vitamin K: 2.17µg (2.07%)