



## Hawaiian Ham Sandwiches

READY IN



15 min.

SERVINGS



2

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

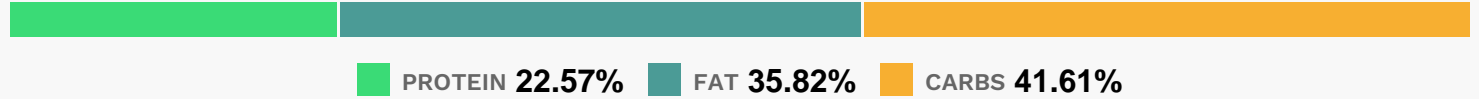
- 0.3 cup milk colby jack cheese shredded 2%
- 4 slices deli ham low sodium thin
- 4 slices grain bread whole wheat whole 100% pepperidge farm®
- 4 slices pineapple in juice fresh canned drained thin
- 2 slices onion red
- 2 leaves romaine lettuce
- 0.5 teaspoon mustard yellow

### Equipment

## Directions

- Toast the bread slices. Top each hot bread slice with 1 tablespoon cheese.
- Divide the lettuce, ham, pineapple and onion between 2 bread slices. Top each with 1/4 teaspoon mustard and the remaining bread slices.

## Nutrition Facts



## Properties

Glycemic Index:64.35, Glycemic Load:14.77, Inflammation Score:-9, Nutrition Score:23.212608855704%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## Nutrients (% of daily need)

Calories: 421.65kcal (21.08%), Fat: 16.94g (26.06%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 38.59g (14.03%), Sugar: 19.47g (21.63%), Cholesterol: 50.4mg (16.8%), Sodium: 1034.05mg (44.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.03%), Manganese: 1.27mg (63.6%), Vitamin A: 2661.66IU (53.23%), Vitamin B1: 0.7mg (46.75%), Selenium: 30.61µg (43.72%), Phosphorus: 335.61mg (33.56%), Vitamin K: 34.37µg (32.74%), Vitamin B3: 5.42mg (27.12%), Calcium: 239.39mg (23.94%), Vitamin B6: 0.47mg (23.46%), Fiber: 5.7g (22.78%), Magnesium: 80.77mg (20.19%), Zinc: 3mg (20%), Vitamin B2: 0.33mg (19.15%), Folate: 74.6µg (18.65%), Copper: 0.32mg (15.98%), Potassium: 551.47mg (15.76%), Vitamin C: 12.69mg (15.38%), Iron: 2.68mg (14.89%), Vitamin B12: 0.5µg (8.26%), Vitamin B5: 0.74mg (7.35%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.49µg (3.27%)