



## Hawaiian Ham Sandwiches

READY IN



45 min.

SERVINGS



24

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 pound deli ham sliced
- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 tablespoons onion dried minced
- ☐ 24 hawaiian rolls sweet
- ☐ 1 teaspoon poppy seed
- ☐ 12 oz swiss cheese shredded
- ☐ 1.5 teaspoons worcestershire sauce

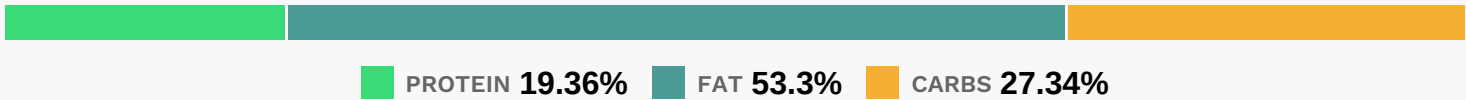
# Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

# Directions

- ☐ Cut rolls in half; set tops aside.
- ☐ Place bottoms in a lightly greased 13"x9" baking pan; they should just fit.
- ☐ Layer ham and cheese on top.
- ☐ Sprinkle with poppy seed; replace roll tops. In a bowl, combine remaining ingredients.
- ☐ Pour over top.
- ☐ Bake, covered with aluminum foil, at 350 degrees for 15 to 20 minutes.
- ☐ Cut into squares.

# Nutrition Facts



# Properties

Glycemic Index:4.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.1613043391186%

# Nutrients (% of daily need)

Calories: 227.17kcal (11.36%), Fat: 13.44g (20.68%), Saturated Fat: 7.14g (44.6%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 15.44g (5.62%), Sugar: 4.16g (4.62%), Cholesterol: 44.87mg (14.96%), Sodium: 373.4mg (16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.97%), Calcium: 132.08mg (13.21%), Phosphorus: 125.86mg (12.59%), Selenium: 8.75µg (12.5%), Vitamin B12: 0.56µg (9.28%), Vitamin B1: 0.12mg (7.96%), Zinc: 1.08mg (7.22%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 236.43IU (4.73%), Vitamin B6: 0.09mg (4.45%), Vitamin B3: 0.86mg (4.32%), Magnesium: 9.38mg (2.34%), Potassium: 76.38mg (2.18%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.16mg (1.59%), Copper: 0.03mg (1.35%), Iron: 0.23mg (1.26%)