



## Heartland Ham & Swiss Panini

READY IN



8 min.

SERVINGS



1

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices oscar mayer deli honey ham fresh
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread
- 1 tsp heinz mustard yellow
- 1 onion red thin
- 1 big swiss cheese kraft

### Equipment

- grill

panini press

## Directions

- Heat panini grill sprayed with cooking spray.
- Spread 1 bread slice with dressing, then mustard.
- Fill bread slices with remaining ingredients.
- Grill 2 to 3 min. or until golden brown.

## Nutrition Facts

**PROTEIN 27.54%** **FAT 44.69%** **CARBS 27.77%**

## Properties

Glycemic Index:155.7, Glycemic Load:16.83, Inflammation Score:-7, Nutrition Score:24.773043445919%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

## Nutrients (% of daily need)

Calories: 541.7kcal (27.08%), Fat: 26.75g (41.16%), Saturated Fat: 10.36g (64.73%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 31.65g (11.51%), Sugar: 8.85g (9.84%), Cholesterol: 86.69mg (28.9%), Sodium: 1798.37mg (78.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.18%), Manganese: 1.37mg (68.74%), Selenium: 47.24µg (67.48%), Vitamin B1: 0.95mg (63.6%), Phosphorus: 494.08mg (49.41%), Vitamin B3: 7.64mg (38.21%), Vitamin B6: 0.69mg (34.7%), Zinc: 4.55mg (30.31%), Calcium: 279.83mg (27.98%), Vitamin B2: 0.43mg (25%), Fiber: 5.75g (23%), Magnesium: 83.41mg (20.85%), Vitamin B12: 1.23µg (20.5%), Potassium: 648.33mg (18.52%), Iron: 2.76mg (15.33%), Copper: 0.27mg (13.71%), Folate: 49.66µg (12.41%), Vitamin B5: 1.12mg (11.19%), Vitamin C: 8.16mg (9.89%), Vitamin E: 0.85mg (5.65%), Vitamin D: 0.78µg (5.23%), Vitamin K: 5.12µg (4.88%), Vitamin A: 159.57IU (3.19%)