



Holiday Ham Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cranberry-and-apricot chutney
- ☐ 14 ounce just-add-water cornbread mix yellow
- ☐ 1 pound deli ham sweet sliced thinly sliced (6 slices)
- ☐ 0.3 cup mayonnaise
- ☐ 1 ounce provolone cheese

Equipment

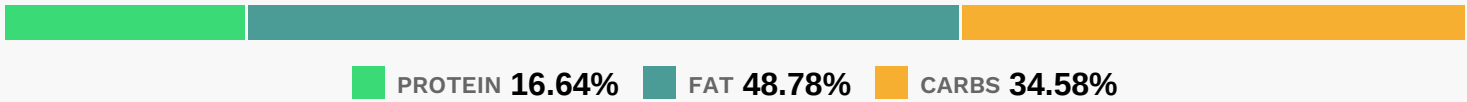
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Prepare cornbread mix according to package directions; spoon batter into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 400 for 15 minutes or until golden. Cool.
- ☐ Cut into 6 squares, spread 1 side of each square with mayonnaise; place on a baking sheet. Top each square with 2 cheese slices.
- ☐ Broil 5 1/2 inches from heat 5 minutes or until cheese melts. Top evenly with sliced ham and, if desired, lettuce. Top each sandwich with 2 tablespoons Cranberry-and-Apricot Chutney.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:15.220434788129%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 540.74kcal (27.04%), Fat: 28.99g (44.6%), Saturated Fat: 8.47g (52.91%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 41.92g (15.24%), Sugar: 13.63g (15.14%), Cholesterol: 55.37mg (18.46%), Sodium: 1531.42mg (66.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.5%), Phosphorus: 510.87mg (51.09%), Vitamin B1: 0.74mg (49.26%), Selenium: 21.77µg (31.09%), Vitamin B3: 5.6mg (27.98%), Vitamin B2: 0.36mg (21.43%), Vitamin B6: 0.38mg (18.83%), Vitamin K: 18.66µg (17.77%), Fiber: 4.32g (17.28%), Folate: 64.82µg (16.2%), Zinc: 2.3mg (15.33%), Iron: 2.36mg (13.11%), Manganese: 0.22mg (11.04%), Vitamin B12: 0.62µg (10.39%), Potassium: 301.94mg (8.63%), Calcium: 79.59mg (7.96%), Magnesium: 31.76mg (7.94%), Vitamin B5: 0.7mg (7.04%), Copper: 0.12mg (6.14%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.57µg (3.81%), Vitamin A: 142.98IU (2.86%)