



Honey Mustard Ham and Swiss Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon honey mustard
- ☐ 8 slices pumpernickel bread
- ☐ 1.5 cups coleslaw mix (from 1-lb bag)
- ☐ 3 oz swiss cheese
- ☐ 4 oz finely-chopped ham cooked thinly sliced

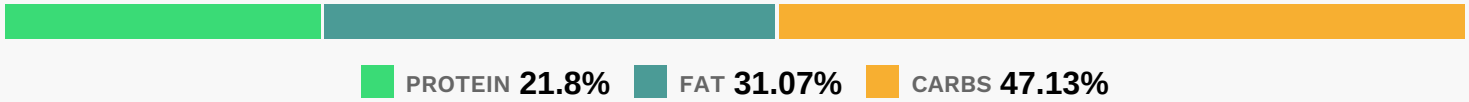
Equipment

- ☐ plastic wrap

Directions

- ☐ Spread very thin layer of dressing on each bread slice.
- ☐ Add remaining dressing to coleslaw mix; toss to mix.
- ☐ Layer cheese slice, coleslaw mixture and ham between bread slices.
- ☐ Cut each in half.
- ☐ Serve immediately, or wrap each sandwich in plastic wrap and refrigerate until serving or up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:15.16, Inflammation Score:-5, Nutrition Score:16.566087142281%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 314.86kcal (15.74%), Fat: 10.76g (16.56%), Saturated Fat: 4.64g (29%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 31.91g (11.6%), Sugar: 3.43g (3.81%), Cholesterol: 40.47mg (13.49%), Sodium: 809.19mg (35.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.97%), Manganese: 0.89mg (44.58%), Selenium: 27.77µg (39.67%), Phosphorus: 325.57mg (32.56%), Vitamin B1: 0.38mg (25.19%), Calcium: 244.95mg (24.5%), Vitamin B2: 0.34mg (19.86%), Vitamin K: 20.76µg (19.77%), Vitamin C: 16.21mg (19.65%), Fiber: 4.82g (19.26%), Folate: 73.57µg (18.39%), Vitamin B12: 1.04µg (17.36%), Zinc: 2.56mg (17.04%), Vitamin B3: 3.06mg (15.3%), Magnesium: 50.68mg (12.67%), Iron: 2.23mg (12.38%), Copper: 0.23mg (11.55%), Vitamin B6: 0.2mg (10.03%), Potassium: 272.5mg (7.79%), Vitamin B5: 0.65mg (6.53%), Vitamin A: 202.2IU (4.04%), Vitamin E: 0.44mg (2.9%)