



Honey-Mustard Ham Stacks

READY IN



15 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mustard prepared
- ☐ 2 tablespoons honey
- ☐ 4 portugese rolls split
- ☐ 1 cup lettuce shredded
- ☐ 0.5 lb finely-chopped ham cooked thinly sliced
- ☐ 4 oz cheddar cheese
- ☐ 1 cup alfalfa sprouts fresh
- ☐ 4 slices tomatoes

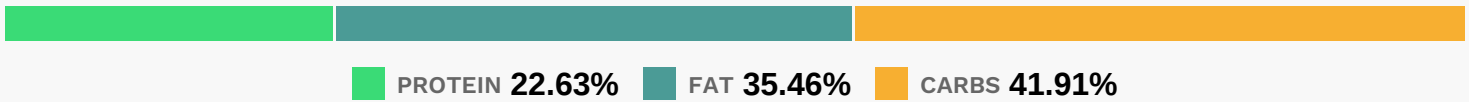
Equipment

☐ bowl

Directions

- ☐ In small bowl, combine mustard and honey; mix well.
- ☐ Spread mustard mixture on cut sides of rolls.
- ☐ Layer lettuce, half of the ham, cheese, sprouts, the remaining ham and tomato slices on bottom halves of rolls. Cover with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:63.57, Glycemic Load:28.06, Inflammation Score:-5, Nutrition Score:14.960869763208%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 419.16kcal (20.96%), Fat: 16.55g (25.46%), Saturated Fat: 6.44g (40.27%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 41.91g (15.24%), Sugar: 14.23g (15.81%), Cholesterol: 69.74mg (23.25%), Sodium: 1219.36mg (53.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.53%), Iron: 11.57mg (64.26%), Phosphorus: 319.78mg (31.98%), Selenium: 21.95µg (31.36%), Vitamin B1: 0.35mg (23.1%), Calcium: 224.16mg (22.42%), Vitamin C: 18.17mg (22.03%), Vitamin B12: 1.1µg (18.33%), Vitamin B2: 0.29mg (17%), Zinc: 2.52mg (16.83%), Vitamin A: 617.44IU (12.35%), Vitamin B3: 2.31mg (11.53%), Vitamin B6: 0.2mg (10.22%), Vitamin K: 9.78µg (9.31%), Fiber: 2.11g (8.42%), Potassium: 293.75mg (8.39%), Magnesium: 29.83mg (7.46%), Vitamin B5: 0.73mg (7.29%), Manganese: 0.14mg (6.9%), Copper: 0.12mg (5.84%), Folate: 20.63µg (5.16%), Vitamin E: 0.42mg (2.79%), Vitamin D: 0.17µg (1.13%)