



Hot Ham and Cheese Sandwiches

READY IN



30 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 8 slices ham cooked
- ☐ 1 teaspoon dill seed
- ☐ 8 hamburger buns
- ☐ 2 tablespoons horseradish mustard prepared
- ☐ 2 tablespoons onions chopped
- ☐ 1 teaspoon poppy seeds
- ☐ 8 slices swiss cheese

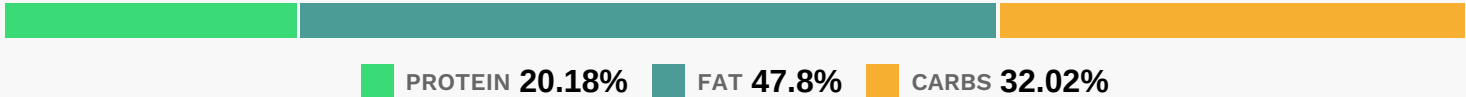
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Combine butter, mustard, onions, poppy seeds and dill seed.
- ☐ Spread insides of buns with this mixture.
- ☐ Place a slice of cheese and a slice of ham inside each bun.
- ☐ Wrap buns in foil and place in preheated oven.
- ☐ Bake for 15 to 20 minutes, until cheese has melted.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:13.1, Inflammation Score:-4, Nutrition Score:10.819565389467%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 284.93kcal (14.25%), Fat: 15.06g (23.17%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 21.63g (7.87%), Sugar: 3.55g (3.95%), Cholesterol: 51.5mg (17.17%), Sodium: 628.88mg (27.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Selenium: 22.63µg (32.33%), Vitamin B1: 0.39mg (25.99%), Phosphorus: 230.35mg (23.03%), Calcium: 228.65mg (22.86%), Vitamin B12: 1.01µg (16.77%), Vitamin B2: 0.25mg (14.76%), Manganese: 0.29mg (14.49%), Vitamin B3: 2.83mg (14.17%), Zinc: 1.77mg (11.77%), Folate: 45.95µg (11.49%), Iron: 1.84mg (10.2%), Vitamin C: 8.26mg (10.01%), Vitamin A: 319.07IU (6.38%), Magnesium: 24.76mg (6.19%), Vitamin B6: 0.12mg (5.91%), Copper: 0.1mg (4.9%), Potassium: 163.6mg (4.67%), Fiber: 1.07g (4.28%), Vitamin B5: 0.33mg (3.33%), Vitamin K: 2.86µg (2.72%), Vitamin E: 0.39mg (2.6%)