



Hot Ham and Swiss French Bread Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bread roll split french (6 inch)
- 6 slices oscar mayer deli ham smoked fresh
- 1 tsp grey poupon dijon mustard
- 1 milk swiss singles 2% kraft
- 1 Tbsp miracle whip dressing light

Equipment

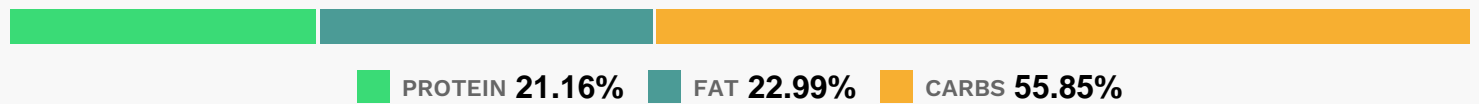
- baking sheet
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 400F.
- Mix dressing and mustard; spread onto bottom half of roll.
- Fill roll with ham and 2% Milk Singles.
- Place in shallow baking pan or on baking sheet; cover with foil.
- Bake 8 to 10 minutes or until 2% Milk Singles is melted and sandwich is heated through.

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:16.01, Inflammation Score:-2, Nutrition Score:6.4039130676538%

Nutrients (% of daily need)

Calories: 151.33kcal (7.57%), Fat: 3.85g (5.92%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.11g (7.31%), Sugar: 2.02g (2.25%), Cholesterol: 10.57mg (3.52%), Sodium: 458.36mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Vitamin B1: 0.39mg (25.73%), Selenium: 15.43µg (22.04%), Vitamin B3: 2.68mg (13.4%), Folate: 49.74µg (12.43%), Vitamin B2: 0.21mg (12.26%), Manganese: 0.21mg (10.7%), Iron: 1.72mg (9.56%), Phosphorus: 78.67mg (7.87%), Zinc: 0.81mg (5.4%), Vitamin B6: 0.11mg (5.35%), Magnesium: 16.24mg (4.06%), Copper: 0.08mg (3.76%), Fiber: 0.93g (3.73%), Potassium: 96.53mg (2.76%), Calcium: 22.51mg (2.25%), Vitamin B5: 0.21mg (2.12%), Vitamin B12: 0.11µg (1.8%)