



## Hot Quick Club Sandwich

READY IN



25 min.

SERVINGS



25

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 Tbsp butter softened
- 0.8 cup colby & monterey jack cheeses shredded kraft
- 18 slices oscar mayer deli ham smoked fresh
- 18 slices oscar mayer deli turkey breast smoked fresh
- 3 Tbsp grey poupon dijon mustard
- 6 sandwich rolls

## Equipment

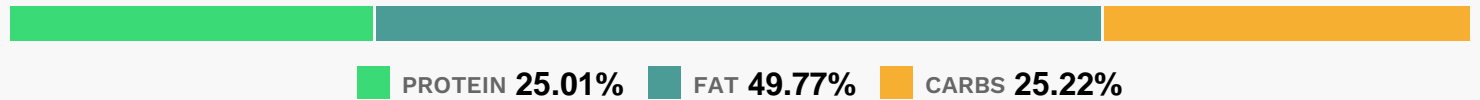
- oven

aluminum foil

## Directions

- Heat oven to 425F.
- Spread cut sides of rolls with butter, then mustard.
- Fill rolls with cheese and meat. Wrap in foil.
- Bake 15 min.

## Nutrition Facts



## Properties

Glycemic Index:3.28, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.1421739048446%

## Nutrients (% of daily need)

Calories: 122.83kcal (6.14%), Fat: 6.72g (10.34%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.27g (2.65%), Sugar: 0.39g (0.43%), Cholesterol: 21.77mg (7.26%), Sodium: 437.05mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Selenium: 11.13µg (15.9%), Vitamin B1: 0.19mg (12.71%), Phosphorus: 90.64mg (9.06%), Vitamin B3: 1.49mg (7.47%), Vitamin B2: 0.11mg (6.3%), Zinc: 0.78mg (5.2%), Calcium: 43.71mg (4.37%), Vitamin B6: 0.09mg (4.29%), Iron: 0.75mg (4.15%), Manganese: 0.07mg (3.69%), Folate: 14.49µg (3.62%), Copper: 0.06mg (2.82%), Magnesium: 11.01mg (2.75%), Vitamin B12: 0.16µg (2.75%), Potassium: 92.38mg (2.64%), Vitamin A: 83.22IU (1.66%), Vitamin B5: 0.16mg (1.64%), Fiber: 0.39g (1.57%), Vitamin E: 0.19mg (1.25%), Vitamin D: 0.16µg (1.1%)