



Jen's Mini Ham and Cheese Rolls

READY IN



15 min.

SERVINGS



6

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 12 brown and serve dinner rolls
- 6 slices fully cook ham halved
- 0.3 cup honey mustard dressing
- 3 slices swiss cheese cut into quarters

Equipment

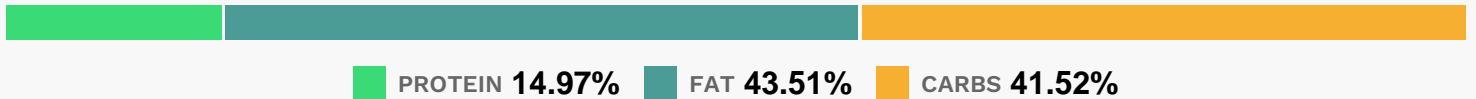
- baking sheet
- oven

pastry brush

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spray a baking sheet with cooking spray.
- Slice each roll almost all the way through, but keeping the top attached. Arrange rolls on prepared baking sheet.
- Stir honey mustard dressing into melted butter until well blended.
- Brush butter mixture inside each roll using a pastry brush, making sure to get the top and bottom.
- Place a layer of Swiss cheese and ham into each roll.
- Close each roll and brush the top with butter mixture.
- Sprinkle the top of each roll with sesame seeds.
- Bake rolls in the preheated oven until cheese has melted, 5 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:14.606521710106%

Nutrients (% of daily need)

Calories: 424.79kcal (21.24%), Fat: 20.42g (31.41%), Saturated Fat: 9.37g (58.58%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 40.57g (14.75%), Sugar: 3.48g (3.87%), Cholesterol: 45.6mg (15.2%), Sodium: 911.42mg (39.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Selenium: 37.39µg (53.41%), Manganese: 0.88mg (44.21%), Vitamin B1: 0.54mg (36.14%), Vitamin B3: 4.76mg (23.79%), Calcium: 231.24mg (23.12%), Phosphorus: 200.42mg (20.04%), Vitamin B2: 0.33mg (19.15%), Iron: 3.31mg (18.39%), Folate: 53.49µg (13.37%), Fiber: 3.27g (13.07%), Zinc: 1.8mg (12.02%), Magnesium: 39.27mg (9.82%), Vitamin B6: 0.18mg (8.9%), Copper: 0.16mg (7.81%), Vitamin B12: 0.45µg (7.53%), Vitamin A: 306.91IU (6.14%), Potassium: 187.29mg (5.35%), Vitamin B5: 0.49mg (4.88%), Vitamin E: 0.68mg (4.54%), Vitamin K: 3.1µg (2.96%), Vitamin D: 0.2µg (1.31%)