



Kylie's Ham Delights

READY IN



15 min.

SERVINGS



5

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce pineapple crushed canned
- 1 pound ham cooked thinly sliced
- 5 large croissants plain
- 5 slices provolone cheese

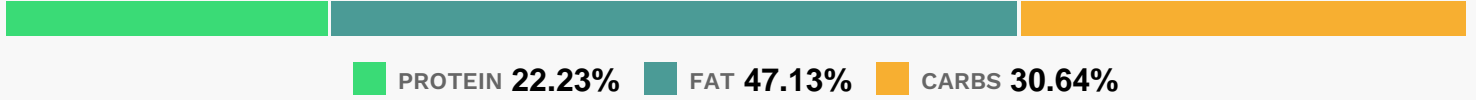
Equipment

- frying pan

Directions

- Combine ham and pineapple in skillet.
- Saute over medium heat until most of the pineapple juice has cooked off. Separate mixture into 5 sections in skillet and place one slice of cheese on top of each; cook until cheese melts.
- Serve on top of warm croissants.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:19.5, Inflammation Score:-6, Nutrition Score:18.787391372349%

Nutrients (% of daily need)

Calories: 501.1kcal (25.05%), Fat: 26.09g (40.13%), Saturated Fat: 12.63g (78.97%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 35.82g (13.03%), Sugar: 14.15g (15.72%), Cholesterol: 124.22mg (41.41%), Sodium: 1443.66mg (62.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.36%), Vitamin B1: 0.79mg (52.71%), Selenium: 36.11µg (51.58%), Phosphorus: 432.66mg (43.27%), Vitamin C: 25.54mg (30.95%), Vitamin B12: 1.66µg (27.73%), Vitamin B2: 0.45mg (26.35%), Vitamin B3: 4.85mg (24.24%), Zinc: 3.18mg (21.23%), Calcium: 181.13mg (18.11%), Folate: 65.85µg (16.46%), Vitamin B6: 0.32mg (15.95%), Vitamin B5: 1.46mg (14.59%), Vitamin A: 688.36IU (13.77%), Manganese: 0.27mg (13.28%), Iron: 2.36mg (13.09%), Potassium: 416.44mg (11.9%), Copper: 0.21mg (10.52%), Magnesium: 41.89mg (10.47%), Fiber: 2.33g (9.33%), Vitamin E: 0.62mg (4.1%), Vitamin K: 1.94µg (1.85%)