



Midnight Sandwich

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp butter melted
- 2 slices oscar mayer deli ham smoked fresh
- 2 clausen kosher dill sandwich
- 2 Tbsp real mayo mayonnaise kraft
- 2 tsp heinz mustard yellow
- 4 oz roasted cooked thinly sliced
- 1 slice big swiss cheese kraft
- 2 bolillos split

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Equipment

frying pan

baking sheet

oven

Directions

Heat oven to 400F.

Heat lightly oiled baking sheet and cast iron skillet in oven.

Spread bottom halves of with mayo; spread top halves with mustard. Fill with pickles, cheese, roast pork and ham.

Place on heated baking sheet.

Brush tops with butter.

Place heated skillet on tops of sandwiches to flatten slightly.

Bake 5 min. or until sandwiches are crisp on both sides and heated through.

Nutrition Facts

 **PROTEIN 27.68%** **FAT 71.6%** **CARBS 0.72%**

Properties

Glycemic Index:79.5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:12.161304390949%

Nutrients (% of daily need)

Calories: 338.55kcal (16.93%), Fat: 26.54g (40.84%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.24g (0.27%), Cholesterol: 84.78mg (28.26%), Sodium: 597.84mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.17%), Selenium: 32.15µg (45.93%), Vitamin B1: 0.54mg (35.96%), Phosphorus: 243.73mg (24.37%), Zinc: 3.44mg (22.94%), Vitamin K: 23.95µg (22.81%), Vitamin B3: 3.71mg (18.53%), Vitamin B2: 0.31mg (18.1%), Vitamin B12: 0.94µg (15.7%), Vitamin B6: 0.3mg (14.95%), Calcium: 96.15mg (9.61%), Potassium: 300.69mg (8.59%), Iron: 1.23mg (6.83%), Vitamin B5: 0.58mg (5.77%), Magnesium: 22.52mg (5.63%), Vitamin E: 0.8mg (5.34%), Copper: 0.11mg (5.28%), Vitamin D: 0.79µg (5.27%), Vitamin A: 131.09IU (2.62%), Manganese: 0.04mg (2.21%), Folate: 6.08µg (1.52%), Fiber: 0.28g (1.14%)