



Mini Grilled Ham-and-Cheese Sandwiches

READY IN



14 min.

SERVINGS



10

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices processed cheese food
- ☐ 7 ounces d deli ham thinly sliced
- ☐ 10 servings pickle chips
- ☐ 10 servings mustard
- ☐ 24 slices pumpernickel cocktail bread such as rubschlager
- ☐ 2 tablespoons butter unsalted softened

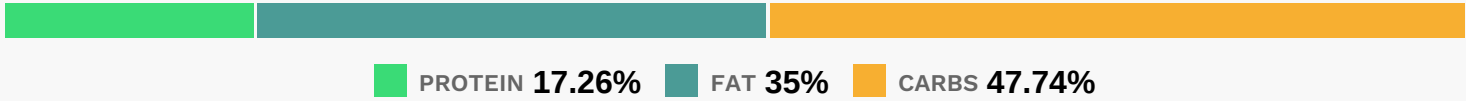
Equipment

- ☐ frying pan

Directions

- ☐ Stack cheese slices; cut into quarters. Trim ham slices to fit bread. Top 12 bread slices with 1 slice cheese, 2 slices ham and another slice cheese. Top with remaining bread slices.
- ☐ Spread outsides of sandwiches with butter. (This step can be done up to 4 hours ahead. Cover; chill.)
- ☐ Warm a skillet over medium heat until hot. Cook sandwiches in batches, for 1 to 2 minutes; flip and cook other side until bread is toasted and cheese has melted.
- ☐ Let rest on a work surface for 1 minute; cut in half on the diagonal.
- ☐ Serve warm with pickle chips and mustard for dipping, if desired.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:17.78, Inflammation Score:-5, Nutrition Score:14.460434576739%

Nutrients (% of daily need)

Calories: 311.77kcal (15.59%), Fat: 12.21g (18.79%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 32.14g (11.69%), Sugar: 0.94g (1.05%), Cholesterol: 30.92mg (10.31%), Sodium: 1072.26mg (46.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Manganese: 1.04mg (51.89%), Selenium: 27.59µg (39.42%), Phosphorus: 268.25mg (26.82%), Vitamin B1: 0.39mg (25.9%), Fiber: 5.35g (21.39%), Calcium: 196.67mg (19.67%), Vitamin B2: 0.32mg (18.81%), Folate: 74.58µg (18.65%), Vitamin B3: 3.31mg (16.56%), Iron: 2.57mg (14.27%), Zinc: 1.96mg (13.07%), Magnesium: 51.95mg (12.99%), Copper: 0.25mg (12.52%), Vitamin B6: 0.19mg (9.36%), Potassium: 256.98mg (7.34%), Vitamin B12: 0.32µg (5.35%), Vitamin B5: 0.48mg (4.77%), Vitamin A: 218.21IU (4.36%), Vitamin E: 0.59mg (3.96%), Vitamin K: 3.57µg (3.4%), Vitamin D: 0.26µg (1.71%)