



Mini Ham and Cheese Rolls

READY IN



35 min.

SERVINGS



24

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 dinner rolls
- 2 tablespoons onion dried minced
- 0.5 pound ham chopped
- 0.5 cup butter melted
- 1 tablespoon mustard prepared
- 2 tablespoons poppy seeds
- 0.5 pound swiss cheese thinly sliced

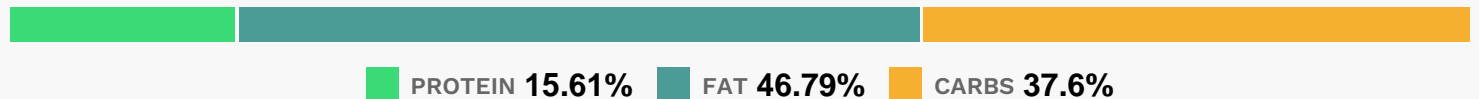
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a small mixing bowl, combine onion flakes, mustard, poppy seeds and margarine.
- Split each dinner roll. Make a sandwich of the ham and cheese and the dinner rolls. Arrange the sandwiches on a baking sheet.
- Drizzle the poppy seed mixture over the sandwiches.
- Bake for 20 minutes, or until cheese has melted.
- Serve these sandwiches warm.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:8.1756521865078%

Nutrients (% of daily need)

Calories: 217.27kcal (10.86%), Fat: 11.36g (17.48%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 18.7g (6.8%), Sugar: 0.89g (0.99%), Cholesterol: 14.65mg (4.88%), Sodium: 406.73mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Selenium: 19.51µg (27.88%), Manganese: 0.5mg (25.02%), Calcium: 174.11mg (17.41%), Vitamin B1: 0.25mg (16.94%), Phosphorus: 128.74mg (12.87%), Vitamin B3: 2.19mg (10.96%), Vitamin B2: 0.17mg (10.01%), Iron: 1.71mg (9.5%), Fiber: 1.85g (7.38%), Zinc: 1.09mg (7.27%), Folate: 28.33µg (7.08%), Magnesium: 23.82mg (5.96%), Vitamin B12: 0.35µg (5.84%), Vitamin A: 248.11IU (4.96%), Copper: 0.09mg (4.56%), Vitamin B6: 0.08mg (4.23%), Potassium: 98.26mg (2.81%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 1.32µg (1.26%)