



WHATSheATE



Mini Ham Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chives minced
- ☐ 1 teaspoon dijon mustard
- ☐ 4 ounces ham thinly sliced reduced-sodium (such as Boar's Head)
- ☐ 1 ounce hawaiian rolls
- ☐ 2 tablespoons canola mayonnaise

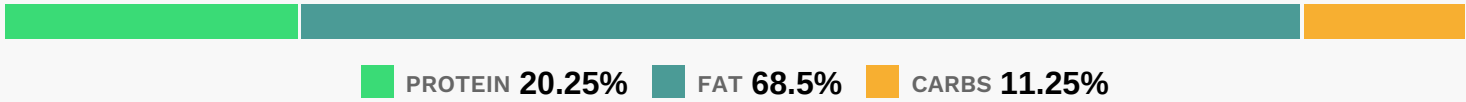
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine chives, mayonnaise, and Dijon mustard.
- ☐ Cut Hawaiian rolls in half horizontally, cutting to, but not through, other side.
- ☐ Place rolls, cut sides up, on a baking sheet; bake at 400 for 5 minutes or until golden.
- ☐ Spread cut sides evenly with mayonnaise mixture. Divide ham evenly among bottoms of rolls. Cover with roll tops; cut into individual rolls.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.4434782759003%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 140.01kcal (7%), Fat: 10.54g (16.21%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.07g (1.19%), Cholesterol: 23mg (7.67%), Sodium: 415.99mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Vitamin K: 13.03µg (12.41%), Vitamin B1: 0.17mg (11.6%), Selenium: 7.03µg (10.04%), Phosphorus: 63.92mg (6.39%), Vitamin B3: 1.28mg (6.38%), Vitamin B6: 0.11mg (5.51%), Zinc: 0.68mg (4.54%), Vitamin B2: 0.07mg (3.86%), Vitamin B12: 0.19µg (3.16%), Potassium: 86.57mg (2.47%), Vitamin E: 0.34mg (2.25%), Iron: 0.29mg (1.63%), Magnesium: 6.37mg (1.59%), Vitamin B5: 0.15mg (1.48%), Vitamin D: 0.21µg (1.42%), Copper: 0.03mg (1.35%)