



Open-Face Ham, Cheddar, and Apple Butter Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons spiced apple butter
- ☐ 1.3 pounds forest ham black thinly sliced
- ☐ 3 ciabatta rolls country-style halved
- ☐ 4 tablespoons dijon mustard
- ☐ 1 bunch chives fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 12 ounces cheddar cheese white extra-sharp sliced

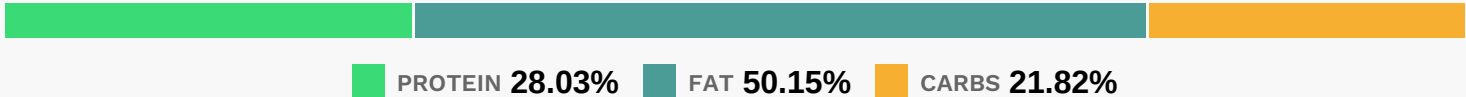
Equipment

- ☐ baking sheet

Directions

- ☐ Brush cut side of ciabatta rolls with oil.
- ☐ Place rolls, cut side up, on baking sheet. Broil until rolls begin to brown around edges, about 2 minutes.
- ☐ Spread apple butter and mustard on each roll half. Top with ham, then cheese. Broil until cheese melts and begins to brown in spots, about 2 minutes.
- ☐ Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:9.1673913157505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 473.53kcal (23.68%), Fat: 26.23g (40.35%), Saturated Fat: 11.68g (72.98%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 24.66g (8.97%), Sugar: 9.72g (10.8%), Cholesterol: 107.73mg (35.91%), Sodium: 1599.68mg (69.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Calcium: 410.2mg (41.02%), Selenium: 19.52µg (27.89%), Phosphorus: 272.23mg (27.22%), Vitamin B2: 0.26mg (15.33%), Zinc: 2.16mg (14.39%), Vitamin A: 607.98IU (12.16%), Vitamin B12: 0.6µg (10.02%), Potassium: 346.14mg (9.89%), Iron: 1.53mg (8.5%), Vitamin E: 1.14mg (7.61%), Vitamin K: 5.89µg (5.61%), Magnesium: 21.07mg (5.27%), Manganese: 0.1mg (5.17%), Fiber: 1.01g (4.04%), Folate: 13.48µg (3.37%), Vitamin B5: 0.27mg (2.75%), Vitamin B6: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.49%), Vitamin D: 0.34µg (2.27%), Copper: 0.04mg (2.04%)