



Open-Faced Grilled Swiss, Ham & Tomato Sandwich

 Dairy Free

READY IN



8 min.

SERVINGS



1

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli ham smoked fresh
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 1 swiss singles kraft
- 2 slices tomatoes
- 1 slice wheat bread

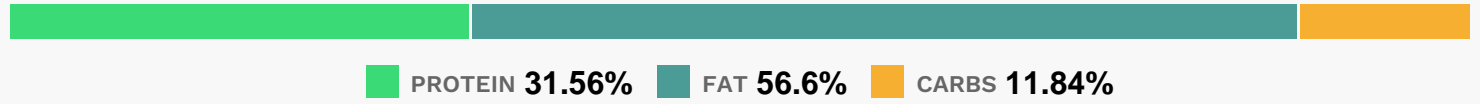
Equipment

- frying pan

Directions

- Spray skillet or griddle with cooking spray. Preheat skillet on medium heat or griddle to 350F.
- Spread bread with dressing; top with ham, tomatoes and Singles.
- Cook 3 minutes or until bottom is golden brown.

Nutrition Facts



Properties

Glycemic Index:139.7, Glycemic Load:7.59, Inflammation Score:-9, Nutrition Score:30.127826193105%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 522.16kcal (26.11%), Fat: 32.38g (49.81%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 12.76g (4.64%), Sugar: 2.31g (2.57%), Cholesterol: 106.4mg (35.47%), Sodium: 2338.28mg (101.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.62g (81.23%), Vitamin K: 408.26µg (388.82%), Vitamin B1: 1.14mg (76.01%), Selenium: 46.16µg (65.94%), Vitamin A: 2962.98IU (59.26%), Vitamin B3: 8.94mg (44.7%), Phosphorus: 443.54mg (44.35%), Manganese: 0.8mg (40.01%), Vitamin B6: 0.75mg (37.41%), Zinc: 4.58mg (30.51%), Vitamin B2: 0.46mg (27.14%), Magnesium: 92.86mg (23.22%), Potassium: 741.48mg (21.19%), Vitamin B12: 1.08µg (17.92%), Vitamin C: 14.67mg (17.79%), Iron: 3.07mg (17.04%), Copper: 0.29mg (14.62%), Vitamin E: 1.98mg (13.2%), Vitamin B5: 1.05mg (10.52%), Fiber: 2.47g (9.89%), Calcium: 82.92mg (8.29%), Vitamin D: 1.18µg (7.84%), Folate: 24.38µg (6.09%)