



Open-Faced Ham and Swiss Sandwiches

READY IN



12 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices precooked bacon
- 0.5 pound deli ham thinly sliced
- 8 teaspoons dijon mustard
- 4 ounce cocktail rye bread
- 2.5 ounce swiss cheese
- 1.3 inch tomatoes

Equipment

- baking sheet

broiler

Directions

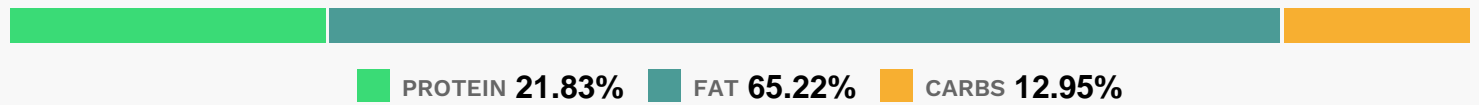
Preheat broiler.

Spread 2 teaspoons mustard over each bread slice. Divide ham evenly among bread slices. Top each with 2 bacon slices, 1 tomato slice, and 1 cheese slice.

Place sandwiches on a baking sheet; broil 2 minutes or until cheese melts.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:6.41, Inflammation Score:-3, Nutrition Score:14.716956391283%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 470.57kcal (23.53%), Fat: 33.74g (51.91%), Saturated Fat: 12.67g (79.18%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 12.99g (4.72%), Sugar: 1.26g (1.4%), Cholesterol: 80.67mg (26.89%), Sodium: 1278.07mg (55.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Selenium: 39.21µg (56.01%), Vitamin B1: 0.61mg (40.43%), Phosphorus: 332.84mg (33.28%), Vitamin B3: 5.45mg (27.24%), Zinc: 3mg (19.98%), Calcium: 190.94mg (19.09%), Vitamin B6: 0.37mg (18.69%), Vitamin B12: 1.12µg (18.63%), Vitamin B2: 0.32mg (18.61%), Manganese: 0.29mg (14.5%), Magnesium: 38.13mg (9.53%), Potassium: 325.93mg (9.31%), Iron: 1.66mg (9.22%), Folate: 35.31µg (8.83%), Fiber: 2.08g (8.34%), Vitamin B5: 0.73mg (7.35%), Copper: 0.13mg (6.72%), Vitamin E: 0.63mg (4.22%), Vitamin D: 0.57µg (3.82%), Vitamin A: 179.48IU (3.59%)