



Oven-Toasted Chipotle Cheese & Ham Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



1629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bread roll split french (6 inch)
- 1 big chipotle cheese kraft
- 5 slices oscar mayer deli honey ham fresh
- 0.5 cup coleslaw blend (cabbage slaw mix)
- 2 Tbsp real mayo mayonnaise kraft

Equipment

- baking sheet

broiler

Directions

Heat broiler.

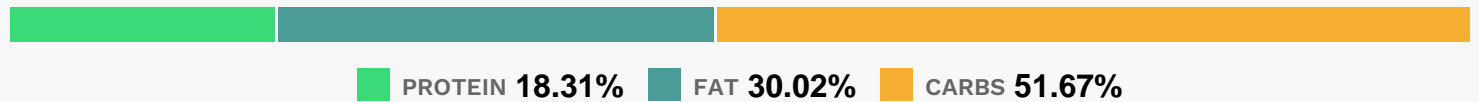
Combine coleslaw and mayo.

Place roll, cut-sides down, on baking sheet. Broil, 4 inches from heat, 2 min. or until toasted; turn.

Place ham on one bread half; cover remaining half with cheese. Broil (open-faced) 1 min. or until cheese is melted.

Top with coleslaw mixture; fold in half.

Nutrition Facts



Properties

Glycemic Index:201.5, Glycemic Load:160.63, Inflammation Score:-9, Nutrition Score:51.403478809025%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1628.71kcal (81.44%), Fat: 54.18g (83.35%), Saturated Fat: 13.92g (87.01%), Carbohydrates: 209.81g (69.94%), Net Carbohydrates: 200.14g (72.78%), Sugar: 19.76g (21.96%), Cholesterol: 99.39mg (33.13%), Sodium: 4257.9mg (185.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.34g (148.69%), Vitamin B1: 3.71mg (247.05%), Selenium: 147.2µg (210.29%), Folate: 512.84µg (128.21%), Vitamin B3: 25.61mg (128.04%), Vitamin B2: 2.04mg (120.06%), Manganese: 2.17mg (108.68%), Iron: 17.08mg (94.9%), Phosphorus: 739.08mg (73.91%), Vitamin K: 74.41µg (70.87%), Zinc: 7.55mg (50.33%), Vitamin B6: 1.01mg (50.31%), Magnesium: 159.35mg (39.84%), Fiber: 9.68g (38.7%), Copper: 0.74mg (36.82%), Potassium: 934.19mg (26.69%), Calcium: 241.08mg (24.11%), Vitamin B5: 2.1mg (21.02%), Vitamin B12: 0.94µg (15.66%), Vitamin C: 12.81mg (15.53%), Vitamin E: 2.31mg (15.4%), Vitamin D: 1.04µg (6.94%), Vitamin A: 62.26IU (1.25%)