



Panhandle Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 inch bread split french
- ☐ 4 spring onion diced
- ☐ 8 slices deli honey ham
- ☐ 0.5 cup butter light softened
- ☐ 4 slices monterrey jack cheese
- ☐ 2 tablespoons mustard prepared
- ☐ 2 teaspoons worcestershire sauce

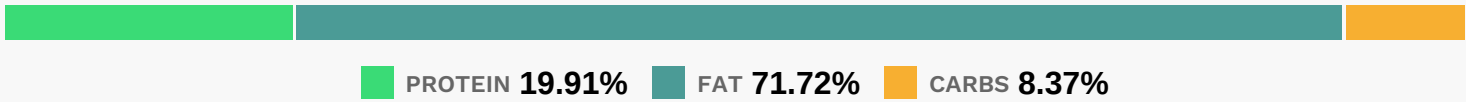
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together first 4 ingredients.
- ☐ Spread butter mixture evenly over cut sides of bread.
- ☐ Cut cheese slices in half; place 2 halves evenly on bottom halves of bread. Top with ham slices and tops of bread. Wrap each sandwich in foil.
- ☐ Bake sandwiches at 350 for 5 minutes or until thoroughly heated and cheese melts.
- ☐ Note: Sandwiches may be prepared ahead and frozen.
- ☐ Bake at 350 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:4.15, Inflammation Score:-6, Nutrition Score:13.669565356296%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 442.7kcal (22.14%), Fat: 35.37g (54.42%), Saturated Fat: 19.12g (119.51%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.04g (2.92%), Sugar: 1.7g (1.89%), Cholesterol: 91.44mg (30.48%), Sodium: 1039.03mg (45.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.2%), Selenium: 24.1µg (34.43%), Phosphorus: 288.36mg (28.84%), Vitamin B1: 0.43mg (28.62%), Vitamin K: 27.87µg (26.54%), Calcium: 262.83mg (26.28%), Vitamin B2: 0.31mg (18.28%), Vitamin B3: 3.51mg (17.54%), Vitamin A: 852.36IU (17.05%), Zinc: 2.48mg (16.51%), Vitamin B6: 0.27mg (13.37%), Manganese: 0.24mg (12.15%), Iron: 2.02mg (11.22%), Vitamin B12: 0.63µg (10.5%), Potassium: 294mg (8.4%), Magnesium: 32.34mg (8.08%), Folate: 28.42µg (7.1%), Vitamin E: 0.87mg (5.81%), Vitamin D: 0.86µg (5.73%), Copper: 0.1mg (4.98%), Fiber: 1.24g (4.98%), Vitamin B5: 0.47mg (4.71%), Vitamin C: 2.71mg (3.28%)