



Party Ham Sandwiches

READY IN



45 min.

SERVINGS



100

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 teaspoons dijon mustard
- ☐ 2 pounds ham thinly sliced chopped
- ☐ 1 small onion minced
- ☐ 1 tablespoon poppy seeds
- ☐ 37.5 ounce party rolls
- ☐ 12 ounces swiss cheese
- ☐ 1 teaspoon worcestershire sauce

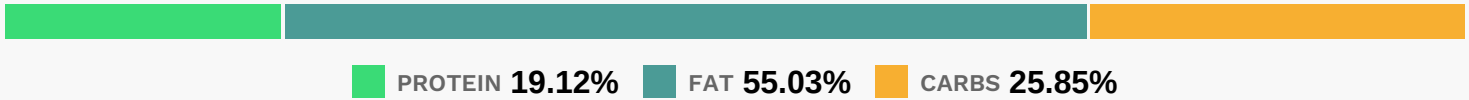
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and next 4 ingredients at medium speed with an electric mixer until blended.
- ☐ Split rolls horizontally without separating; spread butter mixture evenly over bottom halves. Top with ham, cheese, and remaining halves of rolls.
- ☐ Bake at 350 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:1.64, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.9121739056123%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 78.54kcal (3.93%), Fat: 4.77g (7.35%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.85g (1.76%), Sugar: 0.69g (0.76%), Cholesterol: 8.79mg (2.93%), Sodium: 181.11mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Iron: 1.69mg (9.41%), Selenium: 3.13µg (4.48%), Phosphorus: 40.59mg (4.06%), Vitamin B1: 0.06mg (3.76%), Calcium: 34.13mg (3.41%), Vitamin B12: 0.16µg (2.72%), Zinc: 0.37mg (2.45%), Vitamin A: 109.57IU (2.19%), Vitamin B3: 0.41mg (2.05%), Vitamin B6: 0.04mg (1.91%), Vitamin B2: 0.03mg (1.86%)