



## Peachy Ham and Cheese Grills

 Vegetarian

READY IN



7 min.

SERVINGS



2

CALORIES



225 kcal

SIDE DISH

### Ingredients

- 4 ounces low-salt ham sliced reduced-fat
- 1 ounce monterrey jack cheese shredded reduced-fat
- 2 tablespoons no-sugar-added peach fruit spread
- 4 ounce sandwich bread white

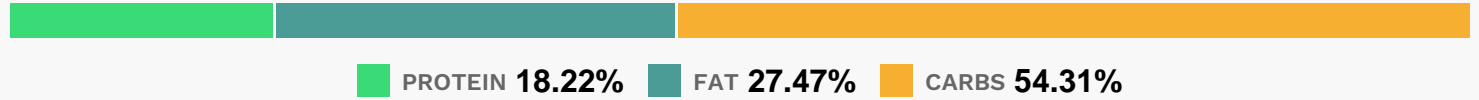
### Equipment

- frying pan

## Directions

- Spread peach spread on 2 bread slices; top each evenly with ham and cheese. Top with remaining 2 bread slices. Coat sandwiches with cooking spray.
- Coat a nonstick skillet with cooking spray, and place over medium heat until hot.
- Add sandwiches, and cook 2 minutes on each side or until golden.

## Nutrition Facts



## Properties

Glycemic Index:50.89, Glycemic Load:19.91, Inflammation Score:-3, Nutrition Score:8.36652178868%

## Nutrients (% of daily need)

Calories: 225.03kcal (11.25%), Fat: 6.67g (10.26%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 28.37g (10.32%), Sugar: 4.17g (4.64%), Cholesterol: 12.62mg (4.21%), Sodium: 372.67mg (16.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Calcium: 227.65mg (22.76%), Selenium: 15.21µg (21.73%), Vitamin B1: 0.29mg (19.31%), Vitamin B3: 3.49mg (17.44%), Manganese: 0.34mg (16.86%), Folate: 65.49µg (16.37%), Phosphorus: 144.02mg (14.4%), Vitamin B2: 0.21mg (12.26%), Iron: 2.13mg (11.81%), Zinc: 0.98mg (6.54%), Fiber: 1.3g (5.22%), Copper: 0.1mg (5.19%), Magnesium: 19.7mg (4.93%), Potassium: 126.58mg (3.62%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.17µg (2.91%), Vitamin A: 109.57IU (2.19%), Vitamin E: 0.16mg (1.08%)