



Scott's Ham & Pear Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



1234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter softened
- ☐ 1.3 pounds deli honey ham sliced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground ginger
- ☐ 15 oz pears drained thinly sliced canned
- ☐ 2 teaspoon pumpkin pie spice
- ☐ 1 teaspoon salt
- ☐ 8 slices sourdough bread
- ☐ 4 slices swiss cheese

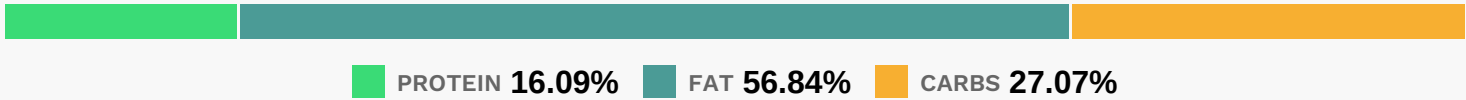
Equipment

- ☐ frying pan

Directions

- ☐ Spread each bread slice with a thin layer of Spiced Butter. On each of 4 slices, place one slice of cheese; layer evenly with ham and pears. Top with remaining bread slices and press together gently.
- ☐ For Spiced Butter stir together all ingredients until smooth and evenly mixed.
- ☐ Spread the outside of the sandwiches with the Spiced Butter.
- ☐ Heat a large skillet over medium-high heat and cook until crisp and golden, about 5 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:48.56, Glycemic Load:56.02, Inflammation Score:-9, Nutrition Score:35.16913055337%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 1233.5kcal (61.67%), Fat: 78.55g (120.84%), Saturated Fat: 41.52g (259.52%), Carbohydrates: 84.2g (28.07%), Net Carbohydrates: 77.66g (28.24%), Sugar: 16.41g (18.23%), Cholesterol: 225.71mg (75.24%), Sodium: 3432.72mg (149.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.02g (100.04%), Vitamin B1: 1.78mg (118.73%), Selenium: 75.08µg (107.26%), Vitamin B3: 12.78mg (63.9%), Vitamin B2: 0.96mg (56.58%), Phosphorus: 565.76mg (56.58%), Manganese: 1.08mg (53.92%), Folate: 172.67µg (43.17%), Iron: 6.85mg (38.03%), Zinc: 5.59mg (37.25%), Vitamin B6: 0.73mg (36.36%), Vitamin A: 1588.62IU (31.77%), Calcium: 262.27mg (26.23%), Fiber: 6.54g (26.16%), Vitamin B12: 1.52µg (25.28%), Magnesium: 86.17mg (21.54%), Copper: 0.42mg (21%), Potassium: 723.85mg

(20.68%), Vitamin E: 2.34mg (15.63%), Vitamin B5: 1.27mg (12.65%), Vitamin K: 10.07µg (9.59%), Vitamin D: 0.99µg (6.61%), Vitamin C: 4.91mg (5.96%)