



Smoked Ham and Turkey Combo Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer deli ham smoked fresh
- 4 slices oscar mayer deli turkey breast smoked fresh
- 2 tsp grey poupon dijon mustard
- 1 claussen kosher dill pickle wholes cut lengthwise into thin slices
- 1 tsp horseradish prepared kraft
- 2 milk swiss singles 2% cut in half kraft
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 4 slices cocktail rye bread

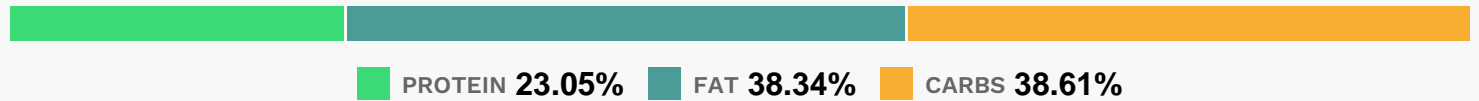
Equipment

- frying pan

Directions

- Mix mustard and horseradish until blended; spread onto bread slices. Fill with meat, 2% Milk Singles and pickles to make 2 sandwiches.
- Spread outsides of sandwiches with mayo.
- Cook in skillet on medium heat 3 min. on each side or until Singles are melted and sandwiches are golden brown both sides.

Nutrition Facts



Properties

Glycemic Index:10.49, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:2.0282608354869%

Nutrients (% of daily need)

Calories: 47.65kcal (2.38%), Fat: 2.01g (3.09%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.53g (0.59%), Cholesterol: 5.63mg (1.88%), Sodium: 224.75mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Selenium: 4.62µg (6.6%), Vitamin B1: 0.09mg (5.7%), Manganese: 0.08mg (3.84%), Phosphorus: 33.53mg (3.35%), Vitamin B3: 0.67mg (3.34%), Vitamin B2: 0.05mg (2.84%), Folate: 10.27µg (2.57%), Fiber: 0.58g (2.31%), Zinc: 0.3mg (2.02%), Iron: 0.35mg (1.97%), Vitamin B6: 0.04mg (1.85%), Vitamin K: 1.85µg (1.76%), Magnesium: 6.17mg (1.54%), Copper: 0.03mg (1.48%), Potassium: 47.35mg (1.35%), Calcium: 10.21mg (1.02%)