



## Smothered Ham 'n Cheese Griller

READY IN



20 min.

SERVINGS



20

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp hickory smoke barbecue sauce kraft
- 4 slices oscar mayer deli bold brown sugar ham fresh
- 1 slim cut mozzarella cheese kraft
- 1 tsp oil
- 0.3 cup onion thin
- 2 slices sourdough bread

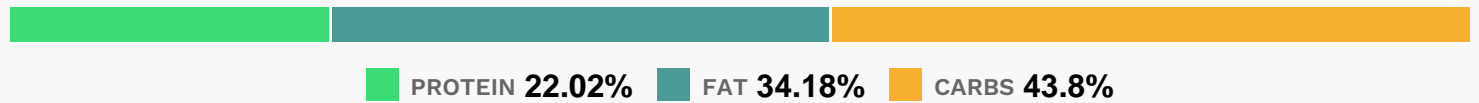
### Equipment

- frying pan

## Directions

- Heat oil in medium nonstick skillet on medium heat.
- Add onions; cook and stir 5 min. or until crisp-tender.
- Top 1 bread slice with ham, cheese, onions and barbecue sauce. Cover with remaining bread slice.
- Add to skillet; cook 3 min. on each side or until cheese is melted and sandwich is golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:6.72, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:1.3782608556035%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 35.42kcal (1.77%), Fat: 1.34g (2.06%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.67g (1.34%), Sugar: 0.66g (0.74%), Cholesterol: 3.51mg (1.17%), Sodium: 114.15mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin B1: 0.08mg (5.35%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.57mg (2.83%), Vitamin B2: 0.04mg (2.4%), Folate: 8.44µg (2.11%), Phosphorus: 19.63mg (1.96%), Manganese: 0.04mg (1.9%), Iron: 0.31mg (1.72%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.2mg (1.35%)