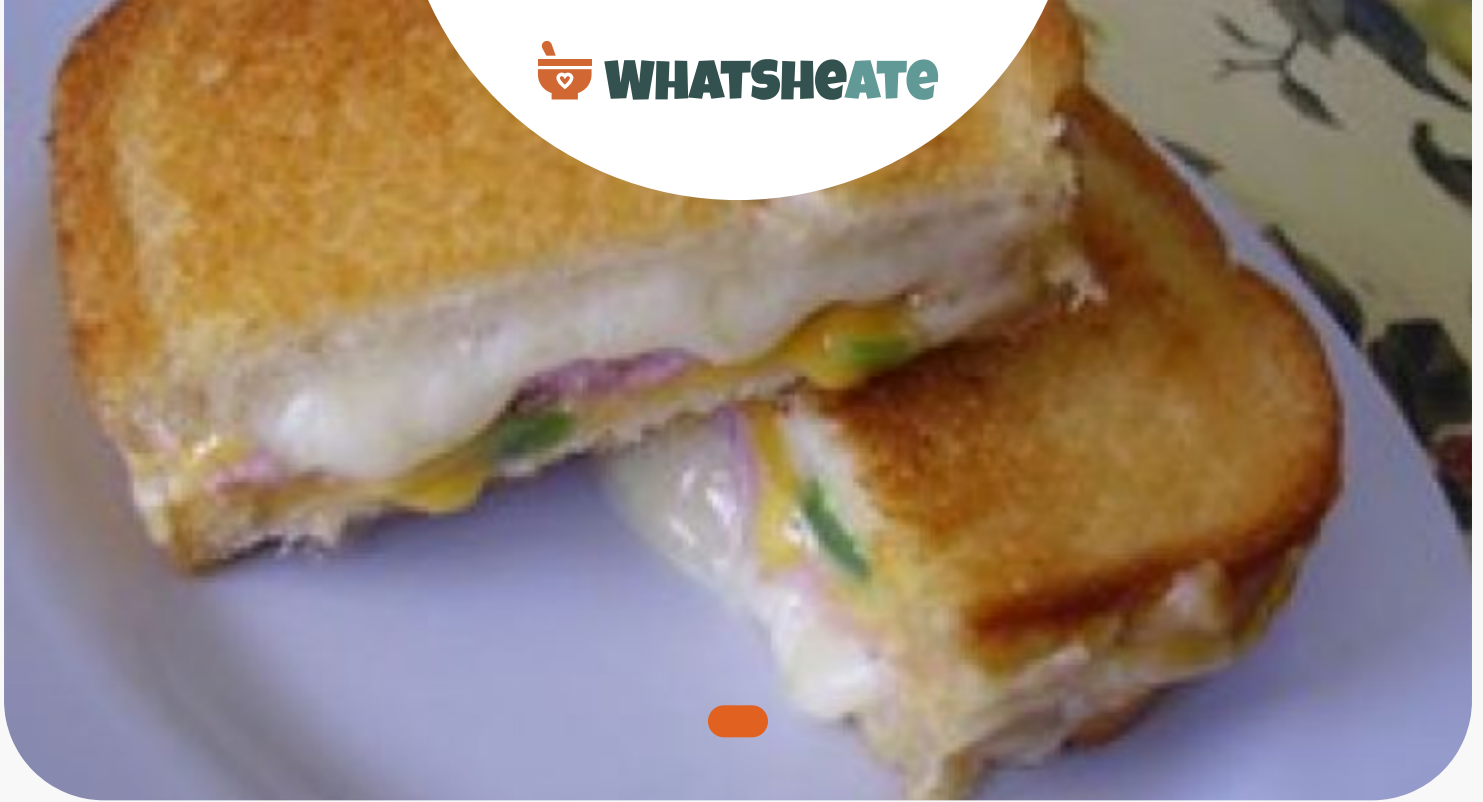




Spicy Ham and Grilled Cheese Sandwich

READY IN



11 min.

SERVINGS



1

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 2 slices deli ham
- ☐ 1 chile pepper green
- ☐ 2 slices cocktail rye bread
- ☐ 2 slices swiss cheese

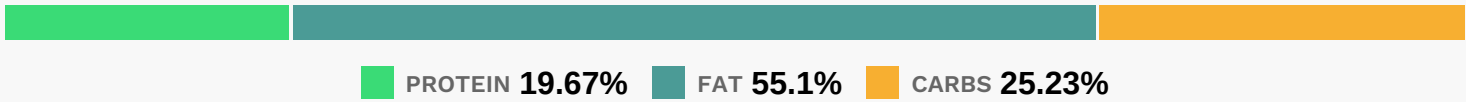
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐
- Preheat a skillet over medium heat.
- ☐
- Layer cheese, ham, and chile pepper on one slice of bread, then top with the other slice. Lightly butter both sides of the sandwich before carefully placing it in the skillet. Grill until cheese is melted and bread appears golden brown, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:129.33, Glycemic Load:14.37, Inflammation Score:-6, Nutrition Score:18.990434698437%

Nutrients (% of daily need)

Calories: 547.99kcal (27.4%), Fat: 33.4g (51.38%), Saturated Fat: 17.13g (107.08%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 29.21g (10.62%), Sugar: 3.97g (4.41%), Cholesterol: 96.44mg (32.15%), Sodium: 1353.41mg (58.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.64%), Selenium: 42.86µg (61.23%), Vitamin B1: 0.62mg (41.25%), Phosphorus: 398.36mg (39.84%), Calcium: 356.6mg (35.66%), Manganese: 0.54mg (26.84%), Vitamin B2: 0.45mg (26.23%), Vitamin B3: 4.96mg (24.78%), Zinc: 3.53mg (23.51%), Vitamin B12: 1.41µg (23.48%), Fiber: 5.2g (20.79%), Folate: 75.56µg (18.89%), Vitamin B6: 0.28mg (14.25%), Iron: 2.35mg (13.03%), Vitamin A: 636.54IU (12.73%), Magnesium: 47.74mg (11.94%), Copper: 0.18mg (9.07%), Potassium: 293.9mg (8.4%), Vitamin B5: 0.7mg (6.99%), Vitamin C: 5.66mg (6.86%), Vitamin E: 0.94mg (6.28%), Vitamin D: 0.39µg (2.61%), Vitamin K: 2.22µg (2.12%)