



## The "Barbe-Cuban" Ham Sandwich

READY IN



15 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices oscar mayer bacon cooked cut in half
- 0.3 cup original barbecue sauce kraft
- 10 oz bread baguette french
- 8 clausen bread 'n butter pickle chips
- 4 oz oscar mayer carving board slow ham cooked
- 4 singles kraft
- 2 Tbsp real mayo mayonnaise kraft

### Equipment

frying pan

grill

## Directions

Heat grill to medium heat.

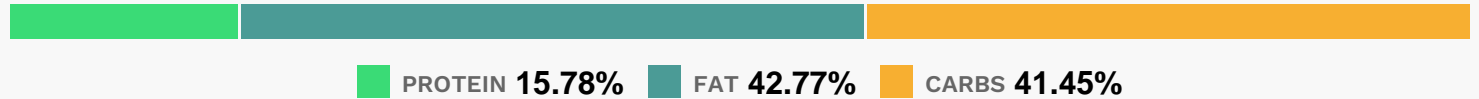
Cut baguette into 4 pieces.

Spread cut sides with barbecue sauce, then mayo.

Fill with remaining ingredients.

Grill 3 to 4 min. on each side or until golden brown, using a grill press or heavy pan to flatten the sandwiches slightly while grilling.

## Nutrition Facts



## Properties

Glycemic Index:32.63, Glycemic Load:28.38, Inflammation Score:-4, Nutrition Score:14.003912956818%

## Nutrients (% of daily need)

Calories: 434.23kcal (21.71%), Fat: 20.55g (31.61%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 42.93g (15.61%), Sugar: 9.49g (10.55%), Cholesterol: 35.15mg (11.72%), Sodium: 1262.84mg (54.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.11%), Vitamin B1: 0.75mg (49.71%), Selenium: 31.52µg (45.03%), Vitamin B3: 5.69mg (28.44%), Vitamin B2: 0.41mg (23.84%), Folate: 89.85µg (22.46%), Manganese: 0.41mg (20.37%), Phosphorus: 183.26mg (18.33%), Iron: 3.27mg (18.16%), Vitamin K: 14.42µg (13.73%), Vitamin B6: 0.26mg (13.04%), Zinc: 1.74mg (11.57%), Magnesium: 34.08mg (8.52%), Copper: 0.16mg (7.92%), Potassium: 268.45mg (7.67%), Fiber: 1.86g (7.45%), Calcium: 61.07mg (6.11%), Vitamin B5: 0.54mg (5.37%), Vitamin B12: 0.3µg (5%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.3µg (2%), Vitamin A: 99.94IU (2%)