



The "Barbe-Cuban" Pressed Ham Sandwich

READY IN



25 min.

SERVINGS



25

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice oscar mayer bacon cooked halved
- 1 Tbsp original barbecue sauce kraft
- 4 slices oscar mayer deli ham smoked fresh
- 4 clausen bread 'n butter pickle chips
- 1 singles kraft
- 1 Tbsp mayo garlic & herb naturally reduced fat mayonnaise kraft flavored
- 2 slices bread white

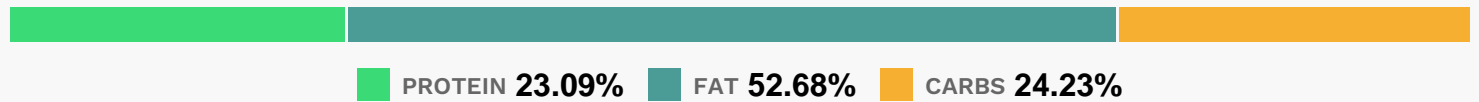
Equipment

- grill
- panini press

Directions

- Heat panini grill to medium heat.
- Spread bread with barbecue sauce.
- Fill bread slices with ham, Singles, pickles and bacon.
- Spread outside of sandwich with mayonnaise.
- Grill 5 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.99, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.75391304582033%

Nutrients (% of daily need)

Calories: 22.65kcal (1.13%), Fat: 1.31g (2.01%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.37g (0.41%), Cholesterol: 3.45mg (1.15%), Sodium: 89.75mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin B1: 0.04mg (2.68%), Selenium: 1.68µg (2.4%), Vitamin B3: 0.34mg (1.68%), Phosphorus: 13.88mg (1.39%), Vitamin B6: 0.02mg (1.11%)