

The Munroe Melt

READY IN



10 min.

SERVINGS



1

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 crusty sandwich roll split
- ☐ 2 slices deli ham
- ☐ 2 slices deli turkey
- ☐ 1 tablespoon dijon mustard mayonnaise blend prepared
- ☐ 1 tablespoon mayonnaise
- ☐ 1 slice muenster cheese
- ☐ 2 slices deli roast beef
- ☐ 1 slice swiss cheese
- ☐ 2 slices tomatoes

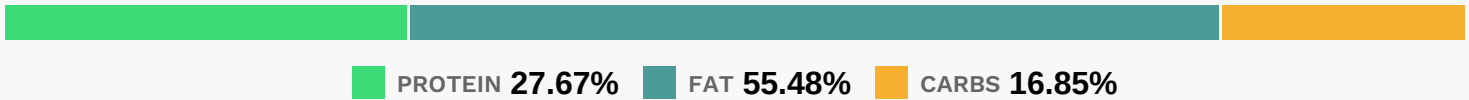
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven broiler. Line a baking sheet with aluminum foil.
- ☐ Open the sandwich roll onto the prepared baking sheet.
- ☐ Spread the mustard-mayonnaise blend on one half of the roll and top with the turkey, Swiss cheese, and ham.
- ☐ Spread 1 tablespoon of mayonnaise on the other half of the roll and top with the roast beef, tomato slices, and Muenster cheese.
- ☐ Broil the sandwich open-faced until the cheese melts and begins to bubble and the ham begins to crisp around the edges.
- ☐ Remove the sandwich from the oven and put both sides together.

Nutrition Facts



Properties

Glycemic Index:174, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:26.567825980808%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 619.75kcal (30.99%), Fat: 38.07g (58.57%), Saturated Fat: 14.6g (91.25%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 23.34g (8.49%), Sugar: 2.43g (2.7%), Cholesterol: 120.33mg (40.11%), Sodium: 2408.95mg (104.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.72g (85.44%), Selenium: 43.06µg (61.51%),

Calcium: 569.64mg (56.96%), Phosphorus: 561.88mg (56.19%), Vitamin B3: 8.97mg (44.87%), Vitamin B1: 0.64mg (42.79%), Vitamin C: 32.66mg (39.59%), Vitamin B12: 2.25µg (37.54%), Zinc: 5.58mg (37.23%), Vitamin B2: 0.49mg (28.56%), Vitamin K: 29.02µg (27.64%), Vitamin B6: 0.54mg (26.79%), Iron: 3.56mg (19.76%), Manganese: 0.39mg (19.35%), Vitamin A: 894.03IU (17.88%), Folate: 70.11µg (17.53%), Potassium: 601.65mg (17.19%), Magnesium: 61.77mg (15.44%), Copper: 0.25mg (12.3%), Fiber: 2.67g (10.68%), Vitamin E: 1.31mg (8.72%), Vitamin B5: 0.86mg (8.62%), Vitamin D: 0.59µg (3.92%)