



Toasted Ham and Poppy Seed Sandwiches

READY IN



30 min.

SERVINGS



6

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 1 pound ham thinly sliced
- ☐ 1 small onion grated
- ☐ 1.5 tablespoons poppy seeds
- ☐ 6 kaiser rolls split
- ☐ 0.5 pound swiss cheese sliced
- ☐ 0.3 cup butter unsalted softened
- ☐ 1 tablespoon worcestershire

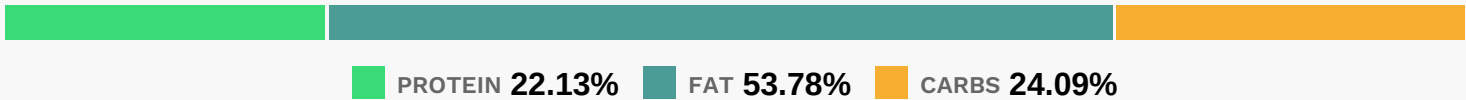
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Mix together butter, mustard, Worcestershire, poppy seeds, and onion until smooth. Evenly spread cut sides of rolls with butter.
- ☐ Stack ham, then cheese, inside rolls.
- ☐ Set sandwiches on a baking sheet and cover with foil.
- ☐ Bake until warmed through and cheese is melted, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:23.38, Inflammation Score:-5, Nutrition Score:17.614782768747%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 596.55kcal (29.83%), Fat: 35.47g (54.57%), Saturated Fat: 16.38g (102.4%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 33.71g (12.26%), Sugar: 5.29g (5.88%), Cholesterol: 102.36mg (34.12%), Sodium: 1381.23mg (60.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.68%), Iron: 11.87mg (65.96%), Selenium: 31.56µg (45.08%), Phosphorus: 413.78mg (41.38%), Calcium: 393.16mg (39.32%), Vitamin B1: 0.5mg (33.31%), Vitamin B12: 1.64µg (27.36%), Zinc: 3.67mg (24.43%), Vitamin B2: 0.3mg (17.58%), Vitamin B3: 3.49mg (17.47%), Vitamin B6: 0.34mg (16.94%), Vitamin A: 557.9IU (11.16%), Manganese: 0.21mg (10.5%), Magnesium: 39.97mg (9.99%), Potassium: 312.45mg (8.93%), Fiber: 2.02g (8.1%), Copper: 0.13mg (6.72%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.79mg (5.26%), Vitamin D: 0.67µg (4.47%), Folate: 10.77µg (2.69%), Vitamin C: 1.28mg (1.56%),

Vitamin K: 1.38μg (1.31%)