



WHATSheATE



Waffled Ham and Cheese Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 lb ham boiled thin
- ☐ 0.5 cup butter unsalted softened
- ☐ 16 slices sandwich bread white firm

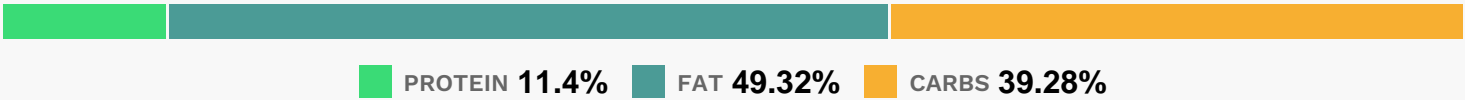
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ waffle iron

Directions

- ☐ Preheat waffle iron on high until just beginning to smoke. Reduce heat to moderate and brush generously with some butter.
- ☐ Spread butter on 1 side of 8 bread slices and turn slices over. Top 4 slices with 1 slice ham and 1 slice cheese, folding in any overhang, then top with remaining 4 buttered bread slices, buttered sides up. Cook sandwiches in batches (number of batches will depend on size of your waffle maker) until bread is golden and crisp, 4 to 6 minutes.
- ☐ Assemble and cook 4 more sandwiches in same manner.
- ☐ Just before serving, cut each sandwich into 4 triangles.
- ☐ Sandwiches can be cooked 4 hours ahead and cooled completely, then kept, wrapped in plastic wrap, at room temperature. Reheat in 1 layer on a baking sheet in a preheated 350°F oven until heated through, about 6 minutes, before cutting into triangles.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:11.69, Inflammation Score:-3, Nutrition Score:4.4208695901477%

Nutrients (% of daily need)

Calories: 167.64kcal (8.38%), Fat: 9.22g (14.18%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 15.75g (5.73%), Sugar: 1.81g (2.02%), Cholesterol: 24.78mg (8.26%), Sodium: 287.42mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin B1: 0.17mg (11.3%), Selenium: 7.83µg (11.18%), Manganese: 0.2mg (9.89%), Folate: 37.28µg (9.32%), Vitamin B3: 1.59mg (7.95%), Calcium: 73.55mg (7.35%), Iron: 1.26mg (7.01%), Phosphorus: 62.52mg (6.25%), Vitamin B2: 0.08mg (4.9%), Vitamin A: 236.7IU (4.73%), Copper: 0.07mg (3.28%), Zinc: 0.48mg (3.18%), Fiber: 0.77g (3.07%), Magnesium: 12.12mg (3.03%), Vitamin E: 0.29mg (1.95%), Potassium: 68.01mg (1.94%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.03mg (1.55%)