

Waffled Ham and Cheese Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

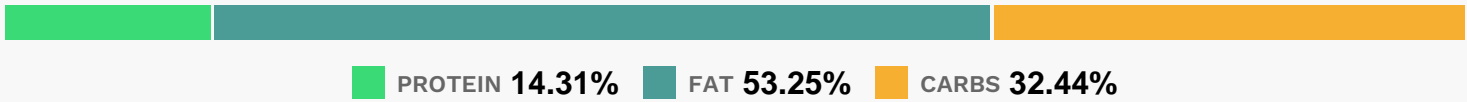
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap

☐ 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:8.48, Glycemic Load:11.73, Inflammation Score:-3, Nutrition Score:5.7908695625222%

Nutrients (% of daily need)

Calories: 204.78kcal (10.24%), Fat: 12.15g (18.69%), Saturated Fat: 6.97g (43.56%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.89g (5.78%), Sugar: 1.81g (2.02%), Cholesterol: 33.57mg (11.19%), Sodium: 304.91mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.69%), Calcium: 157.65mg (15.77%), Selenium: 10.67µg (15.25%), Phosphorus: 116.76mg (11.68%), Vitamin B1: 0.17mg (11.37%), Manganese: 0.2mg (9.91%), Folate: 38.13µg (9.53%), Vitamin B3: 1.6mg (7.98%), Iron: 1.27mg (7.08%), Vitamin B2: 0.11mg (6.58%), Vitamin A: 315.13IU (6.3%), Zinc: 0.89mg (5.93%), Vitamin B12: 0.3µg (5.02%), Magnesium: 15.24mg (3.81%), Copper: 0.07mg (3.5%), Fiber: 0.77g (3.07%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.23mg (2.3%), Potassium: 74.72mg (2.13%), Vitamin B6: 0.04mg (1.88%)