



Warm Cheesy Ham Bocaditos

 Dairy Free

READY IN



22 min.

SERVINGS



22

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp grey poupon dijon mustard
- 0.3 cup parsley fresh finely chopped
- 2 cloves garlic minced
- 12 oz oscar mayer ham boiled chopped
- 12 small cuban rolls split (bocaditos)
- 0.3 cup mayonesa con limã³n kraft
- 6 oz velveeta®
- 0.3 cup mayonesa con limã³n kraft

6 oz velveeta®

Equipment

baking sheet

oven

aluminum foil

Directions

Preheat oven to 375F.

Mix ham, mayonesa, parsley, mustard and garlic until well blended. Stir in VELVEETA.

Spread filling evenly into rolls.

Place on foil-lined baking sheet; cover loosely with additional foil.

Bake 10 to 12 minutes or until VELVEETA is melted.

Serve warm.

Nutrition Facts

 **PROTEIN 19.33%** **FAT 26.25%** **CARBS 54.42%**

Properties

Glycemic Index:7.59, Glycemic Load:12.56, Inflammation Score:-1, Nutrition Score:3.6869565935239%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.55kcal (6.68%), Fat: 3.85g (5.92%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 17.27g (6.28%), Sugar: 2.39g (2.66%), Cholesterol: 9.59mg (3.2%), Sodium: 358.53mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Iron: 6.01mg (33.4%), Vitamin K: 11.21µg (10.67%), Vitamin B1: 0.1mg (6.44%), Selenium: 4.01µg (5.73%), Phosphorus: 35.38mg (3.54%), Vitamin B3: 0.71mg (3.54%), Vitamin B6: 0.06mg (3.18%), Fiber: 0.67g (2.67%), Zinc: 0.38mg (2.52%), Vitamin B2: 0.04mg (2.12%), Vitamin B12: 0.1µg (1.65%), Potassium: 51.14mg (1.46%), Vitamin C: 1mg (1.21%), Vitamin A: 58.43IU (1.17%)