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Croissant Sandwich with Slow-Smoked Ham ♦

A delicious croissant sandwich filled with slow-smoked ham. Perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g croissant

100 g slow-smoked ham

Directions

Step 1

Cut

Slice the croissant in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Layer the slow-smoked ham on the bottom half of the croissant.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cover with the top half of the croissant.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Barbecue

Course

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Halloween

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Allergy Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Volumetrics Diet

Vegetarian Diet

The F-Plan Diet

The Israeli Army Diet

The Master Cleanse Diet

The Chronic Fatigue Syndrome Diet

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Easy

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