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Half Sandwiches Challah Ham ♦

Half Sandwiches Challah Ham is a delicious and satisfying sandwich made with freshly baked challah bread and flavorful ham. It is perfect for a quick and easy lunch or snack. The combination of the soft and slightly sweet challah bread with the savory ham creates a mouthwatering flavor that will leave you wanting more. Try this recipe today and enjoy the deliciousness of Half Sandwiches Challah Ham!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

4 slices challah bread

8 slices Ham

Directions

Step 1

Take two slices of challah bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Place two slices of ham on one slice of bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Cover with the other slice of bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Repeat steps 1-3 to make more sandwiches.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cutting

Cut each sandwich in half.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	30 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	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Picnic

Cuisines

American

Course

Side Dishes

Drinks

Breads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diet

Mediterranean Diet

Vegetarian Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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