



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Swiss and Ham Sandwich ♦

A classic sandwich made with Swiss cheese and ham. Perfect for a quick and delicious lunch.

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

2 slices swiss cheese

4 slices ham

2 slices bread

2 tbsp mayonnaise

1 tsp mustard

2
leaves lettuce

2 slices Tomato

Directions

Step 1

Spread mayonnaise and mustard on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Layer Swiss cheese, ham, lettuce, and tomato slices on one bread slice.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Cover with the other bread slice, with the mayo and mustard side facing down.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

Cut the sandwich in half and serve.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 28 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	28 g	50.91%	56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Course

Main Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Nordic Diet OMAD (One Meal a Day) Diet Vegetarian Diet Pescatarian Diet

Lacto-Ovo Vegetarian Diet

The Fast Metabolism Diet

The Gerson Therapy

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com