



Healthdor

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Ham and Cheese ♦♦

A classic combination of ham and cheese, perfect for a quick and delicious meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Ham
200 g	cheese
8 slices	bread
30 g	butter

Directions

Step 1

Spread butter on one side of each bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Place ham and cheese between two bread slices with the buttered sides facing outwards.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the sandwiches on a pan or griddle until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
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	20 mg	2%	2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Atkins Diet

Vegetarian Diet

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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