



Healthdor

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Smoked Ham Cheddar Cheese and Pickle

This recipe combines the smoky flavor of ham, the richness of cheddar cheese, and the tanginess of pickles. It's a delicious and satisfying sandwich that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	Smoked Ham
50 g	cheddar cheese
50 g	Pickle

Directions

Step 1

Cut

Slice the smoked ham, cheddar cheese, and pickles.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Assemble the sandwich by layering the smoked ham, cheddar cheese, and pickles on bread slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the sandwich on a panini press or in a skillet until the cheese is melted and the bread is toasted.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 20 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	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	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	60 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	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Course

Main Dishes

Side Dishes

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Meal Type

Lunch

Dinner

Difficulty Level

Easy

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