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Ham & Swiss Croissant

A delicious croissant sandwich filled with ham and Swiss cheese. Perfect for breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	croissant
50 g	Ham
50 g	Swiss cheese

Directions

Step 1

Cut

Slice the croissant in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Layer ham and Swiss cheese on the bottom half of the croissant.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Place the top half of the croissant on the filling.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Baking

Place the croissant in the oven and bake for 10-12 minutes, or until the cheese is melted and the croissant is golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 2 mins

Nutrition Facts

Calories: 300 kcal

Fat: 16 g

Protein: 14 g

Carbohydrates: 24 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	24 g	43.64%	48%
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	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	16 g	57.14%	64%
Cholesterol	40 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	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Snack

Nutritional Content

Low Calorie

Course

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Easter

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Easy

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