



OPEN-FACED HAM SANDWICH

Nutrition Facts Report
Source: Custom

Yield: 8 (1.000 item(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Ingredients

8.000 oz. Cream Cheese
0.250 c. Butter
0.500 c. Parmesan Cheese, Grated
0.500 t. Ground Oregano
0.500 t. Paprika
0.500 t. Garlic Powder
4.000 item Cobblestone Mill English Muffins
8.000 sl. Ham, Smoked or Cured, Separable Lean, Cooked
8.000 sl. Red Tomato

Nutrition Facts

Serving Size 1.00 item(s) (131g)

Amount Per Serving

Calories 310 **Calories from Fat** 178

% Daily Value

Total Fat 19.8g 30 %

Saturated Fat 10.8g 54 %

Trans Fat 0.0g

Cholesterol 73.9mg 25 %

Sodium 901.8mg 38 %

Total Carbohydrate 15.9g 5 %

Dietary Fiber 0.8g 3 %

Sugars 2.0g

Protein 16.9g

Vitamin A 16 % Calcium 9 %

Vitamin C 5 % Iron 4 %

Instructions