



# Grilled ham and cheese sandwich

15'

Hands on

2-4

Portion(s)

1

Difficulty



## Method

- Spread the butter on one side of each slice of bread.
- Place the 4 slices of bread in a sandwich toaster, butter side down.
- When ready, add 2 slices of cheese and 2 slices of ham, alternately, over each slice of bread.
- Cover with the remaining slices of bread, buttered side up so that it can get toasted also.
- Grill on medium temperature in sandwich toaster, until the cheese melts and the bread becomes crunchy and golden.

## Ingredients

- 8 slices of white sourdough bread
- 8 slices cheddar cheese
- 8 slices ham, good quality
- 60 g butter

## Διατροφικός πίνακας

Nutrition information per portion

420 Calories (kcal)	21.0 Total Fat (g)	12.0 Saturated Fat (g)	32.0 Total Carbs (g)
21%	30%	60%	12%
2.5 Sugars (g)	24.0 Protein (g)	2.1 Fibre (g)	1.9 Sodium (g)
3%	48%	8%	32%