

Ham and Gouda Sandwich with Apples and Honey Mustard

Yield: 10 servings

This ham and gouda sandwich is served on a fiber rich multigrain bread and topped with crunchy apples and sweet honey mustard. Other cheeses may be substituted based on your preference like Havarti or Swiss.

Ingredients

- 20 slices multigrain seeded bread
- 10 slices Gouda cheese
- 40 teaspoons honey mustard
- 1 pound thin sliced uncurled ham
- 1 granny smith apple

Directions

1. Core apple with an apple corer/slicer that has 10 wedges. Slice each wedge into 4 more slices.
2. Prepare sandwich by taking 1 slice bread, 1 slice Havarti cheese, 2 teaspoons honey mustard, 4 slices ham, 4 slices apple, and topping with 1 slice bread.
3. Slice diagonally, skewer each half with a toothpick, and serve.

Nutrition Facts	
servings per container	
Serving size	1 (212g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1240mg	54%
Total Carbohydrate 51g	19%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 275mg	20%
Iron 3mg	15%
Potassium 259mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.