

# Avocado and Ham Sandwiches

*As seen in Country Living magazine  
www.TheAmazingAvocado.com*

## Servings: 6

*2 loaves (18 inch ea) ficelle bread  
1/4 cup butter, softened  
2 tablespoons Dijon mustard  
1/8 teaspoon coarse black pepper (to taste)  
3/4 pound Virginia ham, sliced  
3 large avocados, peeled and sliced  
sea salt (to taste)*

Cut each ficelle loaf into three equal pieces. Split each piece horizontally along one side, leaving the other side intact. Open the pieces so that they lie flat.

In a bowl, stir the butter, mustard and pepper together until smooth. Spread on both pieces of the bread.

Layer with the ham and avocado. Sprinkle with sea salt.

Wrap the sandwiches with parchment paper. Tie with a string to secure.

Keep chilled and serve within three hours.

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Per Serving (excluding unknown items): 233 Calories; 23g Fat (83.9% calories from fat); 2g Protein; 8g Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol; 151mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	233	Vitamin B6 (mg):	.3mg
% Calories from Fat:	83.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	12.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	23g	Folacin (mcg):	63mcg
Saturated Fat (g):	7g	Niacin (mg):	2mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	21mg
<b>Carbohydrate (g):</b>	8g
<b>Dietary Fiber (g):</b>	3g
<b>Protein (g):</b>	2g
<b>Sodium (mg):</b>	151mg
<b>Potassium (mg):</b>	611mg
<b>Calcium (mg):</b>	18mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	8mg
<b>Vitamin A (i.u.):</b>	904IU
<b>Vitamin A (r.e.):</b>	133RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 233      **Calories from Fat:** 196

### % Daily Values\*

<b>Total Fat</b> 23g	36%
Saturated Fat 7g	36%
<b>Cholesterol</b> 21mg	7%
<b>Sodium</b> 151mg	6%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 3g	11%
<b>Protein</b> 2g	

<b>Vitamin A</b>	18%
<b>Vitamin C</b>	13%
<b>Calcium</b>	2%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.