

# Ham-and-Cheddar Finger Sandwiches

Michael Tyrrell

Family Circle Magazine - February 2013

## Servings: 8

1 cup (3-1/2 ounces) cheddar cheese,  
coarsely grated

1/4 cup (1 ounce) sliced deli ham,  
chopped

2 tablespoons pimiento or roasted red  
pepper, drained and chopped

2 tablespoons low-fat sour cream

1 tablespoon mayonnaise

16 slices whole wheat bread

3 tablespoons fresh parsley (optional),  
chopped

## Preparation Time: 15 minutes

In a food processor, pulse the cheese, ham,  
pimiento, sour cream and mayonnaise until finely  
ground.

Cut the crusts from the bread and slice the  
sandwiches into thin rectangles.

Spread the bottom bread halves with about one  
tablespoon of filling and top with the remaining  
bread (you will have some filling left over).

Press the sandwiches slightly so that you can  
just begin to see filling on the sides.

Roll the edges in parsley, if desired.

Start to Finish Time: 30 minutes

---

Per Serving (excluding unknown  
items): 212 Calories; 9g Fat (35.4%  
calories from fat); 9g Protein; 26g  
Carbohydrate; 4g Dietary Fiber;  
16mg Cholesterol; 397mg Sodium.  
Exchanges: 1 1/2 Grain(Starch);  
1/2 Lean Meat; 1 Fat; 0 Other  
Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	212	Vitamin B6 (mg):	.1mg
% Calories from Fat:	35.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	48.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	31mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg

<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	16mg
<b>Carbohydrate (g):</b>	26g
<b>Dietary Fiber (g):</b>	4g
<b>Protein (g):</b>	9g
<b>Sodium (mg):</b>	397mg
<b>Potassium (mg):</b>	165mg
<b>Calcium (mg):</b>	147mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	2mg
<b>Vitamin C (mg):</b>	0mg
<b>Vitamin A (i.u.):</b>	155IU
<b>Vitamin A (r.e.):</b>	46RE

<b>Alcohol (kcal):</b>	0
<b>% Daily Values*</b>	0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	212	Calories from Fat: 75
-----------------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	9g	13%
Saturated Fat	4g	19%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	397mg	17%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	4g	15%
<b>Protein</b>	9g	
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		0%
<b>Calcium</b>		15%
<b>Iron</b>		11%

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