

## Black Forest Ham Sandwich

Makes 2 Sandwiches



### Ingredients

- 4 slices of Calabrese Bread
- 200 grams of Black Forest ham, sliced
- 2 slices Cheddar cheese
- 2 slices of tomato
- 2 leaves of romaine lettuce
- 2 teaspoons of mustard
- 4 teaspoons of mayonnaise

### Directions

1. Place all ingredients on bread
2. Serve

### Nutrients (approximately)

574 Calories per serving,  
Fat 10g, Cholesterol 50mg, Sodium 450mg, Carbohydrates 65g,  
Fiber 2.5g, Sugars 7, Protein 40g

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