

# Arby's Ham and Cheddar Melt (Copycat)

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/arby-s-ham-and-swiss-recipe>

## Ingredients:

- deli ham thinly sliced, I like black forest ham-- but any kind will work
- sauce Arby's, to taste, click [HERE](#)
- buns Onion
- 2 tablespoons butter
- 2 tablespoons flour
- 3/4 cup milk or more if needed
- 2 cups cheddar cheese shredded by hand, not pre-packaged
- salt
- pepper

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 16 grams
8. Sodium: 750 milligrams
9. Sugar: 6 grams

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