

Italian Ham and Cheese Panini

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-simons-alpine-italian-dressing-recipe>

Ingredients:

- 4 slices reduced fat swiss cheese Alpine Lace
- deli ham
- bread rolls Multigrain Ciabatta
- olive oil
- Italian dressing
- spinach
- tomato slices

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 250 milligrams
9. Sugar: 2 grams

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