

# Ham and Swiss Rolls

Yield: 40 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-rolls-recipe-video>

## Ingredients:

- 24 rolls mini
- 1 pound honey ham deli, shaved, I used Boars Head Honey Maple Ham
- 1/2 pound swiss cheese sliced, cut into squares
- 3 tablespoons poppy seeds
- 3 tablespoons yellow mustard
- 1 cup melted butter
- 1 onion medium, minced
- 1 teaspoon worcestershire sauce

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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