

Ham Party Rolls

"Fruits of the Spirit" - Claire Wilson
Grapevine United Methodist Church - Port St. Lucie, FL

2 packages Pepperidge Farms party rolls
3 tablespoons Poupon mustard
3 tablespoons poppy seeds
2 sticks butter, softened
8 ounces boiled ham
1/2 pound Swiss cheese

Preheat the oven to 400 degrees.

In a bowl, combine the mustard, poppy seeds and softened butter.

Slice the rolls. Spread with the butter mixture. Top with a slice of ham and a slice of cheese.

Place the rolls back in the pan. Sprinkle some cheese over the top. Wrap in foil.

Bake for 10 to 15 minutes. Let cool, then pull apart.

Per Serving (excluding unknown items): 2620 Calories; 258g Fat (87.2% calories from fat); 71g Protein; 14g Carbohydrate; 3g Dietary Fiber; 705mg Cholesterol; 2469mg Sodium. Exchanges: 1/2 Grain(Starch); 8 1/2 Lean Meat; 46 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2620
% Calories from Fat:	87.2%
% Calories from Carbohydrates:	2.1%
% Calories from Protein:	10.7%
Total Fat (g):	258g
Saturated Fat (g):	156g
Monounsaturated Fat (g):	71g
Polyunsaturated Fat (g):	17g
Cholesterol (mg):	705mg
Carbohydrate (g):	14g
	3g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	4.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	21mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

1/2

Dietary Fiber (g):
Protein (g): 71g
Sodium (mg): 2469mg
Potassium (mg): 495mg
Calcium (mg): 2618mg
Iron (mg): 3mg
Zinc (mg): 12mg
Vitamin C (mg): trace
Vitamin A (i.u.): 8854IU
Vitamin A (r.e.): 2293 1/2RE

Grain (Starch):
Lean Meat: 8 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 46
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2620 **Calories from Fat:** 2285

% Daily Values*

Total Fat 258g	397%
Saturated Fat 156g	781%
Cholesterol 705mg	235%
Sodium 2469mg	103%
Total Carbohydrates 14g	5%
Dietary Fiber 3g	11%
Protein 71g	
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Vitamin A	177%
Vitamin C	0%
Calcium	262%
Iron	18%

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