

Caramelized Ham & Swiss Buns

*Iris Weibemuller - Baxter, MN
Taste of Home Magazine - December 2013*

Yield: 1 dozen

*1 package (12 ounce) Hawaiian
sweet rolls, split
1/2 cup horseradish sauce
12 slices deli ham
6 slices Swiss cheese, halved
1/2 cup butter, cubed
2 tablespoons onion, finely chopped
2 tablespoons brown sugar
1 tablespoon spicy brown mustard
2 teaspoons poppy seeds
1 1/2 teaspoons Worcestershire sauce
1/4 teaspoon garlic powder*

Preparation Time: 25 minutes

Bake: 30 minutes

Spread the roll bottoms with the horseradish sauce. Layer with ham and cheese. Replace the tops. Arrange in a single layer in a greased nine-inch-square baking pan.

In a small skillet, heat the butter over medium-high heat. Add the onion. Cook and stir for 1 to 2 minutes or until tender. Stir in the brown sugar, mustard, poppy seeds, Worcestershire sauce and garlic powder. Pour over the rolls.

Refrigerate, covered, for several hours or overnight.

Preheat the oven to 350 degrees.

Bake, covered, for 25 minutes. Uncover and bake for 5 to 10 minutes longer or until a golden brown.

Per Serving (excluding unknown items): 3787 Calories; 311g Fat (73.5% calories from fat); 200g Protein; 52g Carbohydrate; 1g Dietary Fiber; 934mg Cholesterol; 3209mg Sodium. Exchanges: 0 Grain(Starch); 24 Lean Meat; 1/2 Vegetable; 45 1/2 Fat; 1 1/2 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	3787	Vitamin B6 (mg):	.6mg
% Calories from Fat:	73.5%	Vitamin B12 (mcg):	11.9mcg
% Calories from Carbohydrates:	5.4%	Thiamin B1 (mg):	.2mg

% Calories from Protein: 21.1%
Total Fat (g): 311g
Saturated Fat (g): 197g
Monounsaturated Fat (g): 85g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 934mg
Carbohydrate (g): 52g
Dietary Fiber (g): 1g
Protein (g): 200g
Sodium (mg): 3209mg
Potassium (mg): 1194mg
Calcium (mg): 6844mg
Iron (mg): 3mg
Zinc (mg): 28mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 10332IU
Vitamin A (r.e.): 2700RE

Riboflavin B2 (mg): 2.7mg
Folacin (mcg): 66mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 24
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 45 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 3787 **Calories from Fat:** 2783

% Daily Values*

Total Fat	311g	478%
Saturated Fat	197g	984%
Cholesterol	934mg	311%
Sodium	3209mg	134%
Total Carbohydrates	52g	17%
Dietary Fiber	1g	4%
Protein	200g	
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Vitamin A		207%
Vitamin C		27%
Calcium		684%
Iron		16%

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