

Swiss and ham Party Loaves

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Yield: 60 small sandwiches

1 cup butter
3 tablespoons poppy seeds
1 teaspoon Worcestershire sauce
3 tablespoons prepared mustard
1 medium onion, minced
1 pound boneless, cooked ham, minced
12 ounces Swiss cheese, grated
60 small party rolls

Preheat the oven to 400 degrees.

In a bowl, cream the butter, poppy seeds, Worcestershire sauce and mustard.

Add the onion, ham and Swiss cheese. Mix well.

Halve the rolls lengthwise and place cut side up on a cookie sheet. Spoon the ham mixture on top. Cover with the remaining halves. Seal and freeze, if desired.

To bake, sprinkle lightly with water and cover with foil.

Bake for 10 minutes or until heated thoroughly.

If frozen, thaw completely and bake at 375 degrees for 15 to 20 minutes.

Per Serving (excluding unknown items): 3125 Calories; 291g Fat (82.6% calories from fat); 107g Protein; 31g Carbohydrate; 6g Dietary Fiber; 809mg Cholesterol; 3379mg Sodium. Exchanges: 1/2 Grain(Starch); 12 1/2 Lean Meat; 1 1/2 Vegetable; 49 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	3125	Vitamin B6 (mg):	.5mg
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	6.0mcg
% Calories from Carbohydrates:	3.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.5%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	291g	Folacin (mcg):	53mcg
Saturated Fat (g):	176g	Niacin (mg):	1mg
Monounsaturated Fat (g):	81g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	19g	Alcohol (kcal):	0

Cholesterol (mg):	809mg
Carbohydrate (g):	31g
Dietary Fiber (g):	6g
Protein (g):	107g
Sodium (mg):	3379mg
Potassium (mg):	891mg
Calcium (mg):	3771mg
Iron (mg):	5mg
Zinc (mg):	17mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	9816IU
Vitamin A (r.e.):	2582 1/2RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	12 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	49 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 3125 **Calories from Fat:** 2581

% Daily Values*

Total Fat 291g	448%
Saturated Fat 176g	882%
Cholesterol 809mg	270%
Sodium 3379mg	141%
Total Carbohydrates 31g	10%
Dietary Fiber 6g	23%
Protein 107g	
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Vitamin A	196%
Vitamin C	27%
Calcium	377%
Iron	27%

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