

# Ham & Potato Salad Sandwiches

Cara McDonald - Winter Park, CO  
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## Servings: 6

1 1/2 cups deli potato salad  
6 1/2-inch thick French bread  
baguette slices, diagonally cut  
6 ounces fully cooked ham, thinly  
sliced  
6 slices tomato  
12 dill pickle slices  
2 hard cooked eggs, sliced  
2 slices red onion, separated into rings

Spread 1/4 cup of the potato salad on each  
baguette slice.

Layer with the ham, tomato, pickle, egg and  
onion.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown  
items): 49 Calories; 1g Fat (8.2%  
calories from fat); 2g Protein; 11g  
Carbohydrate; 2g Dietary Fiber;  
0mg Cholesterol; 192mg Sodium.  
Exchanges: 2 Vegetable.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	49
% Calories from Fat:	8.2%
% Calories from Carbohydrates:	79.1%
% Calories from Protein:	12.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	11g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	192mg
Potassium (mg):	373mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	0

**Calcium (mg):** 18mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 27mg  
**Vitamin A (i.u.):** 1055IU  
**Vitamin A (r.e.):** 105RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 49 Calories from Fat: 4

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	192mg	8%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	2g	10%
<b>Protein</b>	2g	
<b>Vitamin A</b>		21%
<b>Vitamin C</b>		45%
<b>Calcium</b>		2%
<b>Iron</b>		4%

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