

# Ham Baguette

Allergens – **Milk**, **Gluten**

## Ingredients

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Quantity	Ingredient
600g	Honey Roast Ham (sliced)
10g	<b>Margarine</b> (contains <b>Milk</b> )
20	Sandwich <b>Baguette</b> 7.5" (contains <b>Wheat</b> )



## Method

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1. Cook off baguettes until slightly brown.
2. Slice open baguettes lengthwise, open and spread with margarine.
3. Divide the ham evenly between the baguettes.
4. Cut in half and chill until serving.

### Nutritional Content per 30g Ham + Baguette

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 200.6	= 2.4	= 0.6	= 1.9	= 1.0	= 35.0

**Portion size** - Primary – 30g Ham + Baguette @ 95g = **40.47g Carbs**