



Aunt Bev's Glorified Grilled Cheese Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 2 teaspoons dijon mustard
- ☐ 1 eggs
- ☐ 4 slices ham thin
- ☐ 2 slices bread italian
- ☐ 2 teaspoons mayonnaise
- ☐ 1 serving salt and pepper to taste
- ☐ 2 slices swiss cheese

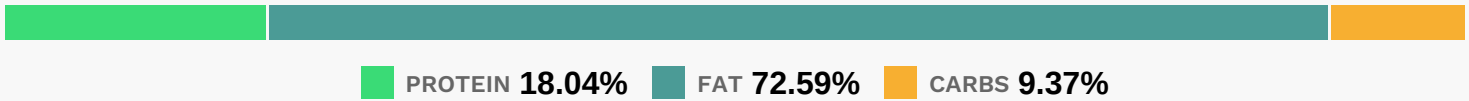
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a shallow dish that will be large enough to dip your sandwich in, whisk the egg with some salt and pepper. Set aside.
- ☐ Melt 1 tablespoon of butter in a skillet over medium-high heat.
- ☐ Spread the mayonnaise and mustard onto one slice of bread. On the other slice, layer the ham and cheese.
- ☐ Place the slices together to enclose the ingredients.
- ☐ Carefully and quickly, dip each side in the beaten egg, and place in the hot buttered skillet. Cook until golden brown on the bottom, then melt the remaining butter in the skillet. Flip the sandwich, and cook until browned on the other side.

Nutrition Facts



Properties

Glycemic Index:159, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:23.326521657893%

Nutrients (% of daily need)

Calories: 953.16kcal (47.66%), Fat: 76.66g (117.93%), Saturated Fat: 37.3g (233.1%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 20.45g (7.44%), Sugar: 12.73g (14.14%), Cholesterol: 328.3mg (109.43%), Sodium: 2137.85mg (92.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.86g (85.72%), Selenium: 53.03µg (75.76%), Phosphorus: 555.96mg (55.6%), Vitamin B1: 0.77mg (51.44%), Vitamin B12: 2.19µg (36.54%), Vitamin B2: 0.61mg (35.6%), Calcium: 348.86mg (34.89%), Vitamin B3: 6.92mg (34.59%), Zinc: 4.83mg (32.22%), Vitamin B6: 0.53mg (26.63%), Vitamin A: 1231.82IU (24.64%), Iron: 2.81mg (15.62%), Vitamin K: 15.76µg (15.01%), Potassium: 515.34mg (14.72%), Vitamin B5: 1.41mg (14.07%), Folate: 54.24µg (13.56%), Vitamin E: 2.02mg (13.44%), Magnesium: 50.03mg (12.51%), Vitamin D: 1.68µg (11.2%), Copper: 0.15mg (7.48%), Fiber: 1.83g (7.32%), Manganese: 0.07mg (3.62%)