



Broccoli Ham Grilled Cheese Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving pepper black freshly ground to taste
- ☐ 10 small broccoli florets diced steamed
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup dietz & watson branded ham diced cooked
- ☐ 2 slices grain bread whole
- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 cup dietz & watson parmesan cheese grated
- ☐ 1 serving salt to taste
- ☐ 0.3 cup dietz & watson ny c-sharp cheddar cheese yellow grated

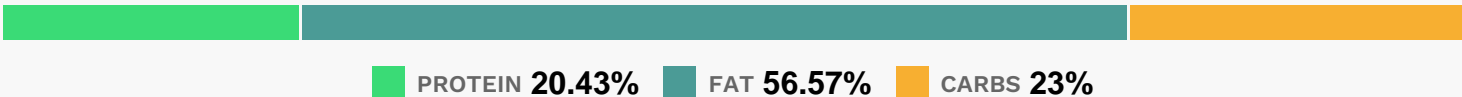
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a bowl, combine grated Cheddar Cheese, Parmesan Cheese, ham, steamed broccoli, onion powder, garlic powder, salt and black pepper.
- ☐ Layer mixture over one slice of bread, then top with additional slice of bread and gently pressing down.
- ☐ Heat a non-stick fry pan over medium low heat then drizzle 1/2 tablespoon olive oil into pan. Tilt the pan back and forth to evenly coat, then immediately place sandwich in pan and cover pan with lid. Cook 2–3 minutes until bottom becomes golden brown.
- ☐ Carefully lift sandwich out of pan with a spatula then add remaining 1/2 tablespoon olive oil to pan and tilt to coat.
- ☐ Carefully flip sandwich returning to pan, cover pan with lid, and cook opposite side until bottom is golden brown and cheese has melted about 2–3 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:165.7, Glycemic Load:16.11, Inflammation Score:-9, Nutrition Score:34.236521907475%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 8.62mg, Kaempferol: 8.62mg, Kaempferol: 8.62mg, Kaempferol: 8.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 610.45kcal (30.52%), Fat: 38.88g (59.81%), Saturated Fat: 13.86g (86.64%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 29.29g (10.65%), Sugar: 4.46g (4.96%), Cholesterol: 71.7mg (23.9%), Sodium: 1520.32mg (66.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.19%), Vitamin K: 126.26µg (120.25%), Vitamin C: 98.12mg (118.94%), Manganese: 1.47mg (73.62%), Selenium: 41.98µg (59.98%), Calcium: 567.16mg (56.72%), Phosphorus: 555.82mg (55.58%), Vitamin B1: 0.52mg (34.94%), Vitamin B2: 0.51mg (30.03%), Zinc: 4.38mg (29.21%), Folate: 101.5µg (25.37%), Fiber: 6.28g (25.12%), Vitamin B6: 0.49mg (24.63%), Vitamin E: 3.65mg (24.3%), Vitamin B3: 4.78mg (23.92%), Vitamin A: 1186.84IU (23.74%), Magnesium: 89.71mg (22.43%), Potassium: 661.44mg (18.9%), Iron: 2.81mg (15.61%), Vitamin B12: 0.86µg (14.35%), Vitamin B5: 1.38mg (13.77%), Copper: 0.23mg (11.62%), Vitamin D: 0.54µg (3.6%)