



 **26%**
HEALTH SCORE

Charred Spanish Ham and Cheese Melts and

READY IN



20 min.

SERVINGS



4

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices top
- 1 teaspoon cumin seeds
- 2 tablespoons thyme sprigs fresh finely chopped
- 1 tablespoon lemon zest
- 0.3 pound manchego cheese with sharp knife or cheese plane thinly sliced
- 4 servings olive oil extra virgin extra-virgin for drizzling
- 2 cups olives mixed
- 0.5 cup pickle relish sweet red
- 1 teaspoon pepper red

- 0.3 pound serrano ham
- 1 cup savory vegetable hot drained (giardiniera)
- 1 cup savory vegetable hot drained (giardiniera)

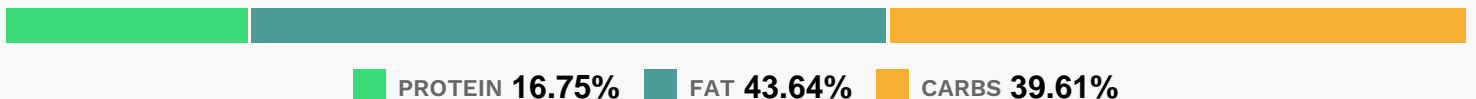
Equipment

- food processor
- frying pan
- grill
- aluminum foil
- grill pan

Directions

- Layer serrano and cheese in equal amounts on 4 slices of bread. Grind the hot pickled vegetables and the sweet pickle relish in food processor and pulse chop to make a relish.
- Spread the relish evenly on sandwich tops and set into place.
- Place olives in a foil pouch and season with thyme, lemon zest, cumin seeds and red pepper flakes.
- Drizzle with extra-virgin olive oil and seal the pouch.
- Place pouch on grill and cook a few minutes on each side to heat the olives, herb and spices.
- Preheat grill or grill pan to medium high.
- Place sandwiches on grill and weight down with heavy skillet or a brick covered in foil. Char and heat the sandwiches through, about 2 to 3 minutes on each side.
- Cut sammies in half and serve with "Hot" Olives alongside.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:55.26, Inflammation Score:-10, Nutrition Score:31.876522147137%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg

Nutrients (% of daily need)

Calories: 918.42kcal (45.92%), Fat: 45.83g (70.51%), Saturated Fat: 14.25g (89.08%), Carbohydrates: 93.59g (31.2%), Net Carbohydrates: 83.69g (30.43%), Sugar: 15.3g (17%), Cholesterol: 60.71mg (20.24%), Sodium: 3096.25mg (134.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.58g (79.16%), Vitamin A: 5788.8IU (115.78%), Vitamin B1: 1.04mg (69.4%), Calcium: 552.41mg (55.24%), Selenium: 37.72µg (53.88%), Manganese: 0.98mg (49.13%), Folate: 188.12µg (47.03%), Iron: 8.04mg (44.66%), Fiber: 9.9g (39.58%), Vitamin B2: 0.66mg (38.99%), Vitamin B3: 7.69mg (38.45%), Vitamin E: 5.25mg (34.97%), Vitamin K: 36.49µg (34.75%), Vitamin C: 17.35mg (21.03%), Copper: 0.42mg (20.82%), Phosphorus: 202.96mg (20.3%), Magnesium: 80.16mg (20.04%), Vitamin B6: 0.28mg (13.86%), Zinc: 1.92mg (12.82%), Potassium: 421.23mg (12.04%), Vitamin B5: 0.62mg (6.17%)