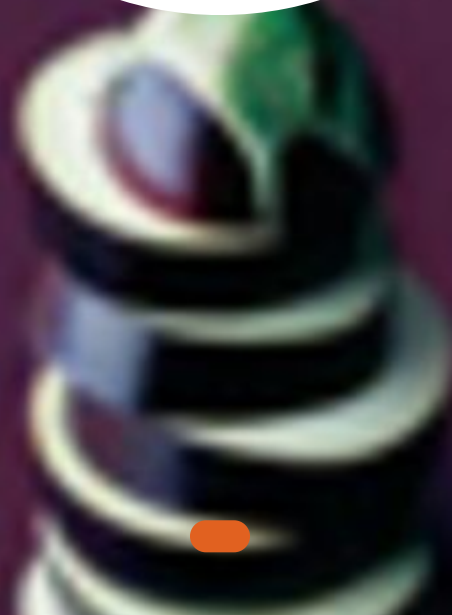




Cook the Book: Il Tost (Grilled Ham and Cheese)

READY IN



45 min.

SERVINGS



2

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings baking mix
- ☐ 4 sandwich bread white thin
- ☐ 1.5 tablespoons butter
- ☐ 2 slices ham cooked
- ☐ 2 ounces parmesan italian sliced thin

Equipment

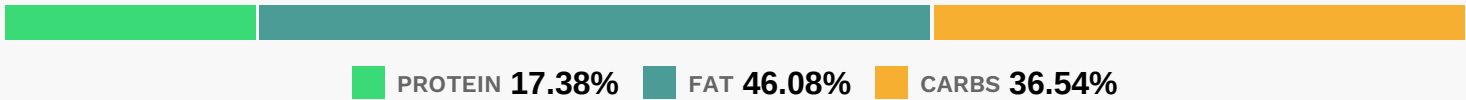
- ☐ oven

☐ baking pan

Directions

- ☐ Turn on the oven to 500°F.
- ☐ Butter each slice of bread on one side only.
- ☐ Cover the buttered side of each of two slices with cheese and top with one slice of ham.
- ☐ Cover with the remaining slice of bread, buttered side facing in.
- ☐ Place in the baking dish without overlapping.
- ☐ Bake in the preheated oven for 5 minutes. If after 5 minutes the bread is not yet fully browned, bake for an additional minute.
- ☐ Serve hot, cutting the tost diagonally in half if desired.

Nutrition Facts



Properties

Glycemic Index:75.89, Glycemic Load:17.78, Inflammation Score:-6, Nutrition Score:17.796087074539%

Nutrients (% of daily need)

Calories: 560.66kcal (28.03%), Fat: 28.49g (43.83%), Saturated Fat: 13.72g (85.75%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 48.85g (17.76%), Sugar: 7.56g (8.4%), Cholesterol: 60.01mg (20%), Sodium: 1602.93mg (69.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Phosphorus: 549.69mg (54.97%), Calcium: 517.24mg (51.72%), Vitamin B1: 0.66mg (44.22%), Selenium: 27.44µg (39.2%), Vitamin B3: 5.53mg (27.64%), Folate: 108.64µg (27.16%), Vitamin B2: 0.45mg (26.73%), Manganese: 0.44mg (22.08%), Iron: 3.27mg (18.15%), Zinc: 2.12mg (14.12%), Vitamin B12: 0.69µg (11.55%), Vitamin B6: 0.21mg (10.45%), Magnesium: 41.5mg (10.38%), Vitamin A: 485.9IU (9.72%), Vitamin B5: 0.89mg (8.9%), Fiber: 1.99g (7.96%), Copper: 0.16mg (7.8%), Potassium: 232.38mg (6.64%), Vitamin E: 0.57mg (3.79%), Vitamin K: 3.92µg (3.73%), Vitamin D: 0.34µg (2.25%)