



Dinner Tonight: Ham and Pear Crisp with Spiced Butter

READY IN



45 min.

SERVINGS



4

CALORIES



915 kcal

Ingredients

- ☐ 0.8 pounds finely-chopped ham shaved cooked
- ☐ 4 slices fontina
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 15 oz pears sliced canned
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 8 slices sourdough bread
- ☐ 4 slices swiss cheese

☐ 8 tablespoons butter unsalted softened (1 stick)

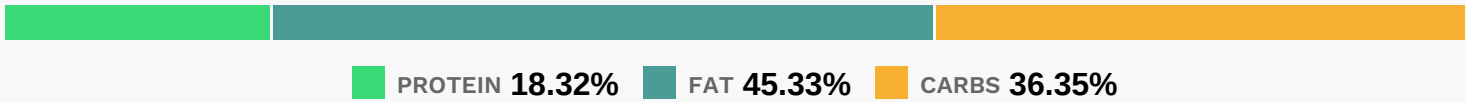
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Combine butter, pumpkin pie spice, coriander, ginger, and salt in medium bowl and whisk until evenly incorporated. Set aside.
- ☐ Arrange half of bread slices on cutting board and place one slice Swiss cheese on each. Top with ham, followed by pear slices and fontina cheese. Complete the sandwiches with second four slices of bread and press down gently to compress.
- ☐ Spread spiced butter on the outside of each sandwich.
- ☐ Place two sandwiches in heavy-bottomed 12-inch stainless steel skillet over over medium heat. Cook until first side is golden brown, about 6 minutes. Flip sandwiches using spatula and cook on second side until golden brown, about 6 minutes longer. Keep sandwiches warm while cooking remaining two sandwiches.
- ☐ Cut in half and serve.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:56.12, Inflammation Score:-8, Nutrition Score:33.359565029974%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg

Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 915.26kcal (45.76%), Fat: 46.53g (71.59%), Saturated Fat: 25.04g (156.51%), Carbohydrates: 83.95g (27.98%), Net Carbohydrates: 77.62g (28.23%), Sugar: 16.78g (18.64%), Cholesterol: 170.58mg (56.86%), Sodium: 2303.56mg (100.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.62%), Vitamin B1: 1.38mg (92.19%), Selenium: 63.26µg (90.38%), Phosphorus: 598.71mg (59.87%), Vitamin B2: 0.9mg (52.74%), Vitamin B3: 9.47mg (47.34%), Manganese: 0.94mg (46.78%), Folate: 171.64µg (42.91%), Calcium: 398.9mg (39.89%), Vitamin B12: 2.23µg (37.18%), Iron: 6.2mg (34.46%), Zinc: 5.12mg (34.1%), Vitamin C: 24.56mg (29.77%), Fiber: 6.33g (25.3%), Vitamin A: 1124.42IU (22.49%), Vitamin B6: 0.43mg (21.25%), Copper: 0.4mg (20.22%), Magnesium: 78.4mg (19.6%), Potassium: 558.62mg (15.96%), Vitamin B5: 1.45mg (14.47%), Vitamin K: 8.64µg (8.23%), Vitamin E: 1.23mg (8.22%), Vitamin D: 0.59µg (3.92%)