



Fig and Prosciutto Grilled Cheese Sandwich

 Popular

READY IN



10 min.

SERVINGS



1

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful arugula tossed with 1 teaspoon balsamic vinaigrette
- ☐ 1 ciabatta bun sliced in half
- ☐ 2 tablespoons fig preserves
- ☐ 0.3 cup mozzarella cheese fresh room temperature
- ☐ 1 tablespoon olive oil
- ☐ 2 slices pancetta

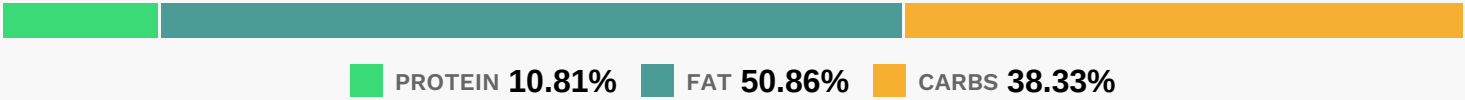
Equipment

- ☐ grill

Directions

☐ Assemble sandwich and grill until golden brown and the cheese has melted, about 2–3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:10.61, Inflammation Score:-1, Nutrition Score:5.3186956695888%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 484.23kcal (24.21%), Fat: 27.39g (42.13%), Saturated Fat: 8g (50.01%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 45.52g (16.55%), Sugar: 13.9g (15.45%), Cholesterol: 32.68mg (10.89%), Sodium: 574.12mg (24.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Calcium: 148.04mg (14.8%), Vitamin E: 2.17mg (14.48%), Phosphorus: 127.48mg (12.75%), Selenium: 8.54µg (12.19%), Vitamin B12: 0.72µg (11.97%), Vitamin K: 9.07µg (8.64%), Zinc: 1.02mg (6.82%), Vitamin B2: 0.11mg (6.68%), Vitamin A: 195.2IU (3.9%), Vitamin B1: 0.06mg (3.8%), Fiber: 0.92g (3.7%), Vitamin B3: 0.68mg (3.41%), Vitamin C: 2.46mg (2.99%), Vitamin B6: 0.06mg (2.93%), Iron: 0.4mg (2.25%), Magnesium: 8.64mg (2.16%), Potassium: 74.66mg (2.13%), Copper: 0.04mg (1.89%), Vitamin B5: 0.13mg (1.34%), Folate: 5.04µg (1.26%), Vitamin D: 0.18µg (1.17%), Manganese: 0.02mg (1.07%)