



WHATSheATE



## Greens, Eggs, and Ham, Grilled Cheese Sandwich

♡ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 serving butter
- ☐ 1 eggs
- ☐ 2 slices cocktail rye bread
- ☐ 0.3 inch enough ham to form a layer sliced to cover a slice of rye bread
- ☐ 1 handful of baby spinach sliced (or young chard)
- ☐ 3 slices gruyère cheese

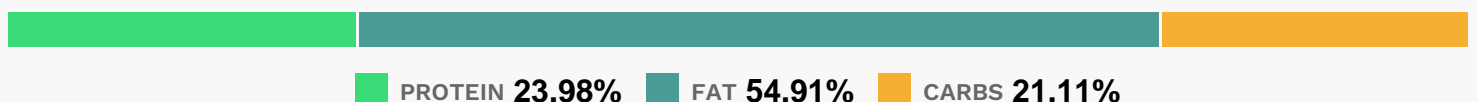
### Equipment

- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Fry the egg:
- ☐ Heat a couple teaspoons of butter in a small stick-free pan on medium heat. When the pan is hot and the butter foamy, crack the egg into the pan.
- ☐ Cook the egg until the whites are cooked and it is still somewhat runny in the yolk (or not runny at all if that's what you prefer), and remove the egg from the pan to a plate and set aside.
- ☐ Fry one side of buttered slice of bread:
- ☐ Heat a cast iron pan or griddle on medium high heat.
- ☐ Spread some butter on one side of one slice of rye bread.
- ☐ Place the slice butter side down on the pan.
- ☐ Add layers of ham, spinach, egg, cheese:
- ☐ Add a layer of ham to the bread.
- ☐ Add a layer of spinach to the ham.
- ☐ Place the egg on the spinach. Top with a layer of cheese and finally the second slice of rye bread.
- ☐ Butter top slice of bread and flip over:
- ☐ Spread some butter over the top of the top slice of bread. When the bottom slice is nicely toasted, use a metal spatula to carefully flip the sandwich over to the other side. You may need to use your hands to help the flip happen without everything spilling out. If the ingredients do spill out a bit, just gently edge them back in.
- ☐ Cook until bread is toasty and cheese is melty: Press down with a spatula to help get the heat to the cheese. Cook until toasted on this second side.
- ☐ Remove from pan, cut in half, and eat!

## Nutrition Facts



## Properties

Glycemic Index:134.33, Glycemic Load:14.37, Inflammation Score:-10, Nutrition Score:33.491739231607%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 619.89kcal (30.99%), Fat: 37.71g (58.01%), Saturated Fat: 20.28g (126.75%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 28.25g (10.27%), Sugar: 3.06g (3.4%), Cholesterol: 267.22mg (89.07%), Sodium: 1111.55mg (48.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.11%), Vitamin K: 148.42µg (141.35%), Calcium: 950.7mg (95.07%), Vitamin A: 3976.45IU (79.53%), Phosphorus: 692.58mg (69.26%), Selenium: 45.96µg (65.65%), Vitamin B2: 0.71mg (41.74%), Manganese: 0.82mg (41.16%), Folate: 157.85µg (39.46%), Zinc: 4.75mg (31.68%), Vitamin B12: 1.75µg (29.14%), Vitamin B1: 0.37mg (24.88%), Magnesium: 85.04mg (21.26%), Iron: 3.54mg (19.69%), Fiber: 4.37g (17.49%), Vitamin B5: 1.46mg (14.56%), Vitamin B3: 2.8mg (14.01%), Vitamin B6: 0.25mg (12.6%), Potassium: 405.42mg (11.58%), Vitamin E: 1.64mg (10.9%), Copper: 0.22mg (10.86%), Vitamin C: 8.69mg (10.53%), Vitamin D: 1.39µg (9.26%)