



## Grill Works Sandwich

READY IN



16 min.

SERVINGS



1

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 slices forest ham black thin
- 1 cloves garlic chopped
- 1 serving kosher salt and pepper black freshly ground
- 2 slices grain bread
- 0.5 portobello mushroom cap sliced
- 0.3 cup bell pepper red roughly chopped
- 0.3 medium onion red sliced
- 1 tablespoon vegetable oil
- 1 slice each

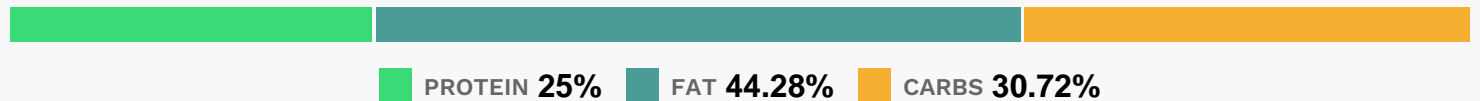
## Equipment

- bowl
- frying pan
- grill
- aluminum foil
- grill pan
- panini press

## Directions

- Serving suggestion: A bowl of tomato soup
- Preheat an electric sandwich grill or press.
- Heat the oil in a medium skillet over high heat.
- Add the bell pepper, mushroom, onion, and garlic and season with salt and pepper. Cook the vegetables, stirring occasionally, until lightly browned and soft, about 6 minutes.
- Transfer the mixture to a bowl.
- Add the ham to the skillet and cook, turning once, until lightly browned, about 1 minute.
- Layer the vegetable mixture, ham, and cheese between the two slices of bread.
- Put the sandwich in the grill and grill until hot and crispy, about 4 minutes. (Alternately, grill on a cast iron grill pan, weighed-down with a foil-wrapped brick or other heavy item.)
- Cut the sandwich in 1/2 and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:217.7, Glycemic Load:15.92, Inflammation Score:-8, Nutrition Score:21.676956601765%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

## Nutrients (% of daily need)

Calories: 453.68kcal (22.68%), Fat: 22.45g (34.54%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 29.79g (10.83%), Sugar: 9.39g (10.43%), Cholesterol: 58.47mg (19.49%), Sodium: 1267.27mg (55.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.03%), Manganese: 1.37mg (68.33%), Vitamin C: 50.65mg (61.4%), Selenium: 25.62µg (36.6%), Vitamin K: 31.95µg (30.43%), Phosphorus: 280.73mg (28.07%), Vitamin A: 1336.54IU (26.73%), Calcium: 250.99mg (25.1%), Vitamin B3: 4.82mg (24.08%), Fiber: 5.24g (20.98%), Potassium: 691.2mg (19.75%), Vitamin B1: 0.29mg (19.08%), Vitamin B6: 0.38mg (18.79%), Iron: 3mg (16.68%), Folate: 59.65µg (14.91%), Vitamin B2: 0.25mg (14.77%), Magnesium: 56.58mg (14.15%), Copper: 0.28mg (13.95%), Vitamin E: 2.06mg (13.76%), Zinc: 2mg (13.32%), Vitamin B5: 1.12mg (11.25%), Vitamin B12: 0.3µg (4.97%), Vitamin D: 0.22µg (1.47%)