



Grilled Cheese With Dates and Prosciutto

READY IN



30 min.

SERVINGS



4

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices top
- ☐ 0.5 cup dates pitted thinly sliced
- ☐ 0.3 cup basil leaves fresh
- ☐ 4 ounces monterrey jack cheese
- ☐ 2 ounces pancetta
- ☐ 4 tablespoons butter unsalted softened

Equipment

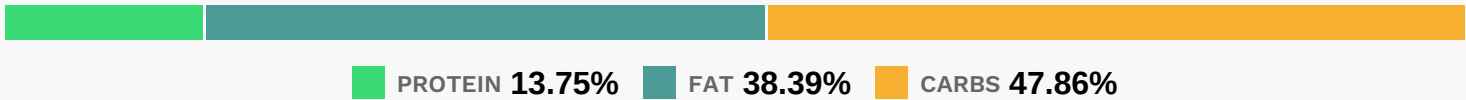
- ☐ frying pan

☐ spatula

Directions

- ☐ Spread the butter on one side of each bread slice.
- ☐ Heat a large skillet over medium heat. Put 2 bread slices in the skillet, buttered-side down.
- ☐ Layer 2 slices of prosciutto, 1 slice of cheese, one-quarter each of the dates and basil, and another slice of cheese on each piece of bread. Close each with another piece of bread, buttered-side up.
- ☐ Cook, pressing the sandwiches occasionally with a spatula, until the cheese melts and the bread is golden, 3 to 4 minutes per side. Repeat to make 2 more sandwiches.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:57.68, Inflammation Score:-7, Nutrition Score:21.560869306326%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 665.55kcal (33.28%), Fat: 28.75g (44.23%), Saturated Fat: 15.17g (94.84%), Carbohydrates: 80.64g (26.88%), Net Carbohydrates: 76.33g (27.75%), Sugar: 17.72g (19.69%), Cholesterol: 64.69mg (21.56%), Sodium: 1036.46mg (45.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Vitamin B1: 0.96mg (64.2%), Selenium: 44.26µg (63.23%), Folate: 167.47µg (41.87%), Vitamin B2: 0.69mg (40.39%), Manganese: 0.74mg (37.07%), Vitamin B3: 7.02mg (35.09%), Iron: 5.5mg (30.58%), Phosphorus: 296.28mg (29.63%), Calcium: 291.94mg (29.19%), Fiber: 4.31g (17.24%), Zinc: 2.43mg (16.18%), Magnesium: 59.46mg (14.86%), Vitamin A: 654.08IU (13.08%), Copper: 0.26mg (12.77%), Vitamin B6: 0.23mg (11.51%), Potassium: 329.11mg (9.4%), Vitamin K: 9.31µg (8.86%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.33µg (5.5%), Vitamin E: 0.75mg (5%), Vitamin D: 0.44µg (2.91%)