



Grilled Gruyère and Olive Tapenade Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves
- ☐ 2 ounces gruyère cheese shaved
- ☐ 12 kalamata olives pitted
- ☐ 1 ounce multigrain bread
- ☐ 8.5 ounce oil-packed sun-dried tomatoes
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 2 inch tomatoes

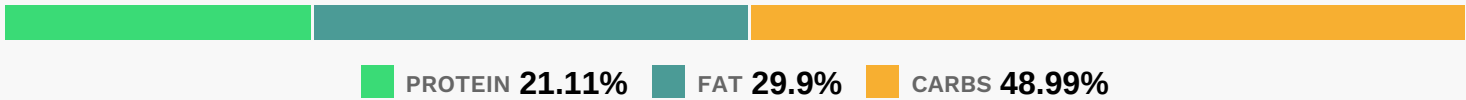
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Remove 4 sun-dried tomatoes and 2 tablespoons oil from jar. Reserve remaining tomatoes and oil for another use. Set 1 tablespoon oil aside.
- ☐ Combine tomatoes, 1 tablespoon oil, olives, and garlic in a mini food processor; process until mostly smooth, scraping sides of bowl once.
- ☐ Brush one side of each bread slice with remaining 1 tablespoon olive oil.
- ☐ Spread 1 1/2 tablespoons olive mixture on each of 4 bread slices, oil side down. Top each bread slice with 1 tablespoon cheese, 2 tomato slices, and 1/2 ounce Gruyere. Top each with remaining 4 bread slices, oil side up.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add sandwiches to pan.
- ☐ Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten sandwiches (leave cast-iron skillet on sandwiches while they cook). Cook 2 minutes on each side or until cheese melts and bread is toasted.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:9.91, Inflammation Score:-8, Nutrition Score:24.280434745809%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 279.62kcal (13.98%), Fat: 10.3g (15.84%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 37.96g (12.65%),
Net Carbohydrates: 29.68g (10.79%), Sugar: 23.18g (25.76%), Cholesterol: 20.41mg (6.8%), Sodium: 498.62mg
(21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.71%), Manganese: 1.29mg (64.69%),
Potassium: 2116.11mg (60.46%), Copper: 0.9mg (44.9%), Phosphorus: 367.51mg (36.75%), Fiber: 8.28g (33.11%),
Magnesium: 132.38mg (33.1%), Iron: 5.83mg (32.37%), Calcium: 313.98mg (31.4%), Vitamin C: 24.26mg (29.4%),
Vitamin B3: 5.85mg (29.23%), Vitamin K: 27.25µg (25.96%), Vitamin B1: 0.36mg (24.2%), Vitamin B2: 0.37mg
(21.89%), Vitamin A: 774.34IU (15.49%), Vitamin B5: 1.43mg (14.3%), Zinc: 2.1mg (13.97%), Selenium: 9.11µg (13.02%),
Vitamin B6: 0.26mg (12.83%), Folate: 46.45µg (11.61%), Vitamin B12: 0.31µg (5.2%), Vitamin E: 0.56mg (3.77%)