



Grilled Ham-and-Cheese Sandwiches with Strawberry-Shallot Jam

READY IN



15 min.

SERVINGS



4

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter melted
- 12 slices deli ham thin
- 2 teaspoons dijon mustard
- 6 oz gruyere cheese shredded
- 1 tablespoon olive oil
- 2 tablespoons shallots minced
- 8 slices sourdough sandwich bread
- 3 tablespoons strawberry-lemonade jam

Equipment

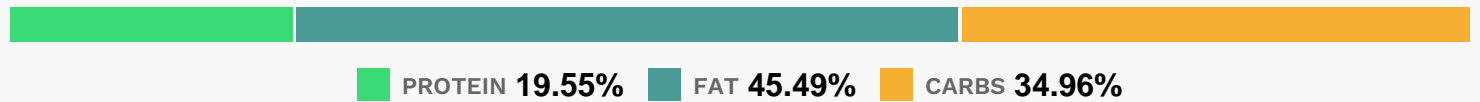
frying pan

Directions

Stir together Strawberry-Lemonade Jam, minced shallot, olive oil, and Dijon mustard; spread on 1 side of 4 bread slices. Top each with 3 slices deli ham, 1/3 cup (1 1/2 oz.) shredded Gruyere cheese, and 1 bread slice.

Brush 1 Tbsp. melted butter on both sides of each sandwich. Cook sandwiches in a large nonstick skillet or griddle over medium-high heat 1 minute on each side or until browned.

Nutrition Facts



Properties

Glycemic Index:68.63, Glycemic Load:57.19, Inflammation Score:-8, Nutrition Score:30.760434523873%

Nutrients (% of daily need)

Calories: 897.55kcal (44.88%), Fat: 45.32g (69.72%), Saturated Fat: 21.13g (132.05%), Carbohydrates: 78.36g (26.12%), Net Carbohydrates: 75.11g (27.31%), Sugar: 13.63g (15.14%), Cholesterol: 121.73mg (40.58%), Sodium: 1969.3mg (85.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.83g (87.66%), Selenium: 69.83µg (99.75%), Vitamin B1: 1.43mg (95.28%), Phosphorus: 570.16mg (57.02%), Vitamin B2: 0.88mg (51.76%), Vitamin B3: 9.98mg (49.89%), Calcium: 460.73mg (46.07%), Folate: 167.73µg (41.93%), Manganese: 0.72mg (35.78%), Zinc: 5.2mg (34.64%), Iron: 5.99mg (33.26%), Vitamin B12: 1.85µg (30.76%), Vitamin B6: 0.51mg (25.42%), Magnesium: 74.08mg (18.52%), Copper: 0.31mg (15.28%), Vitamin A: 704.79IU (14.1%), Potassium: 455.59mg (13.02%), Fiber: 3.25g (12.99%), Vitamin E: 1.68mg (11.23%), Vitamin B5: 1.03mg (10.34%), Vitamin K: 4.66µg (4.43%), Vitamin D: 0.59µg (3.92%), Vitamin C: 1.73mg (2.1%)