



Grilled Ham and Gouda Sandwiches with Frisée and Caramelized Onions

READY IN



45 min.

SERVINGS



2

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup frisée divided
- ☐ 3 ounces gouda cheese divided thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 large onion thinly sliced
- ☐ 4 ounces ham smoked divided thinly sliced
- ☐ 4.3 inch sourdough bread white
- ☐ 2 servings butter unsalted room temperature

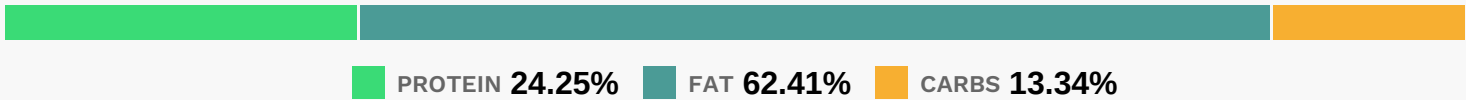
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add onion; sauté 5 minutes. Reduce heat to medium-low; cover and cook until onion is very tender and golden, stirring frequently, about 25 minutes longer. Season with salt and pepper. Cool slightly.
- ☐ Butter 2 bread slices.
- ☐ Place bread, buttered side down, on platter. Divide onion, ham, cheese, and frisée between bread slices. Top each with another bread slice; butter top slices.
- ☐ Heat another large nonstick skillet over medium heat.
- ☐ Add sandwiches and cook until bread is golden brown and cheese melts, pressing occasionally with spatula, about 4 minutes per side.
- ☐ Cut sandwiches in half diagonally and serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:16.294347934101%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.85mg, Quercetin: 16.85mg, Quercetin: 16.85mg, Quercetin: 16.85mg

Nutrients (% of daily need)

Calories: 355.97kcal (17.8%), Fat: 25.03g (38.51%), Saturated Fat: 11.79g (73.69%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 9.64g (3.51%), Sugar: 4.61g (5.13%), Cholesterol: 86.44mg (28.81%), Sodium: 1084.67mg

(47.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.77%), Vitamin K: 80.28µg (76.46%), Phosphorus: 404.77mg (40.48%), Vitamin A: 1795.11IU (35.9%), Calcium: 349.72mg (34.97%), Zinc: 2.98mg (19.86%), Folate: 57.6µg (14.4%), Vitamin C: 11.55mg (14%), Copper: 0.26mg (13.18%), Vitamin B2: 0.21mg (12.5%), Potassium: 425.62mg (12.16%), Vitamin E: 1.82mg (12.12%), Manganese: 0.24mg (11.89%), Selenium: 8.24µg (11.77%), Magnesium: 46.77mg (11.69%), Vitamin B12: 0.66µg (11.06%), Fiber: 2.4g (9.58%), Iron: 1.48mg (8.21%), Vitamin B6: 0.16mg (7.82%), Vitamin B1: 0.1mg (6.77%), Vitamin B5: 0.55mg (5.5%), Vitamin B3: 0.51mg (2.53%), Vitamin D: 0.29µg (1.92%)