



Grilled Ham, Cheese and Apple Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup salad dressing
- 1 clove garlic finely chopped
- 8 slices bread crumbs italian
- 2 tablespoons butter softened
- 0.5 lb finely-chopped ham cooked thinly sliced (from deli)
- 1 medium apples peeled thinly sliced
- 1 cup arugula
- 4 slices onion thin
- 4 oz swiss cheese

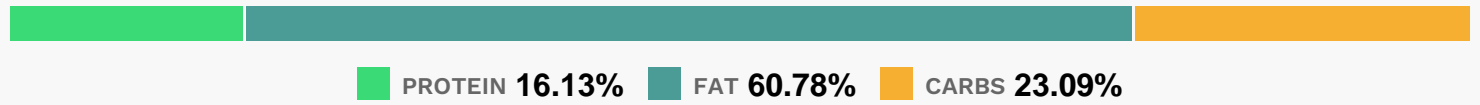
Equipment

- bowl
- frying pan

Directions

- In small bowl, mix mayonnaise and garlic.
- Spread 1 side of each bread slice with butter; spread mayonnaise mixture on unbuttered side. On each of 4 bread slices, buttered sides down, layer ham, apple, arugula, onion, cheese and remaining bread slices, buttered sides up.
- Heat 12-inch nonstick skillet over medium-low heat 3 to 5 minutes.
- Place sandwiches in hot skillet; cook uncovered 6 to 9 minutes, turning once, until bread is crisp and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:14.543913032698%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 548.05kcal (27.4%), Fat: 37.12g (57.11%), Saturated Fat: 15.57g (97.34%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 28.91g (10.51%), Sugar: 19.91g (22.12%), Cholesterol: 67.76mg (22.59%), Sodium: 1118.69mg (48.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.34%), Phosphorus: 360.45mg (36.04%),

Selenium: 20.34µg (29.06%), Vitamin B12: 1.66µg (27.71%), Calcium: 275.67mg (27.57%), Vitamin B1: 0.38mg (25.47%), Vitamin C: 17.42mg (21.11%), Vitamin B3: 3.94mg (19.68%), Zinc: 2.67mg (17.81%), Vitamin K: 17.88µg (17.03%), Vitamin B2: 0.28mg (16.48%), Vitamin A: 636.31IU (12.73%), Vitamin B6: 0.23mg (11.33%), Fiber: 2.83g (11.3%), Potassium: 376.23mg (10.75%), Folate: 38.42µg (9.6%), Magnesium: 35.46mg (8.87%), Iron: 1.58mg (8.77%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 0.92mg (6.15%), Copper: 0.11mg (5.27%), Manganese: 0.1mg (4.84%)