



Grilled Ham, Cheese, and Salami with Caper Relish

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces deli forest ham black sliced
- ☐ 1.5 inch bread rectangular (such as ciabatta)
- ☐ 3 tablespoons butter room temperature
- ☐ 3 tablespoons capers chopped
- ☐ 1 cup fontina grated
- ☐ 1 cup lettuce thinly sliced
- ☐ 3 tablespoons oil-cured olives green pitted finely chopped
- ☐ 0.5 cup olive oil

- ☐ 4 teaspoons oregano fresh minced
- ☐ 3 tablespoons pepperoncini peppers minced
- ☐ 3 ounces provolone cheese sliced
- ☐ 4 ounces genoa salami italian sliced
- ☐ 1 large shallots minced
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk first 4 ingredients in small bowl; season dressing with salt and pepper.
- ☐ Cut top crust (about 1/3 inch) off bread and discard.
- ☐ Cut bread horizontally in half. Arrange provolone cheese on cut side of bottom half, covering completely. Top with layer of salami, then ham.
- ☐ Mix olives, capers, and peperoncini in small bowl; spread relish over ham. Press top half of bread, cut side down, atop relish; spread with 1 1/2 tablespoons butter.
- ☐ Heat heavy large skillet over medium heat 3 minutes.
- ☐ Place sandwich, buttered side down, in skillet. Using another skillet, press sandwich to compact slightly. Cook until golden, about 5 minutes.
- ☐ Spread top of sandwich with remaining 1 1/2 tablespoons butter. Using large spatula, turn sandwich over. Press again with second skillet. Cook until bottom is golden and cheese melts, about 5 minutes.
- ☐ Transfer sandwich to work surface. Lift off bread top; sprinkle with Teleme cheese, lettuce, and dressing. Press bread top onto sandwich and cut into quarters.

Nutrition Facts



Properties

Glycemic Index:64.42, Glycemic Load:1.02, Inflammation Score:-9, Nutrition Score:14.723913078723%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 7.91mg, Kaempferol: 7.91mg, Kaempferol: 7.91mg, Kaempferol: 7.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

Nutrients (% of daily need)

Calories: 501.88kcal (25.09%), Fat: 41.08g (63.2%), Saturated Fat: 19.67g (122.92%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 4.93g (1.79%), Sugar: 2.91g (3.23%), Cholesterol: 113.23mg (37.74%), Sodium: 1690.24mg (73.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.87%), Calcium: 394.93mg (39.49%), Phosphorus: 303.91mg (30.39%), Vitamin B12: 1.68µg (27.94%), Vitamin K: 24.79µg (23.61%), Selenium: 15.79µg (22.56%), Zinc: 3.21mg (21.4%), Vitamin B1: 0.31mg (20.34%), Vitamin A: 945.01IU (18.9%), Vitamin B2: 0.27mg (15.66%), Vitamin B6: 0.29mg (14.65%), Vitamin E: 1.92mg (12.79%), Vitamin C: 10.54mg (12.77%), Iron: 2.09mg (11.64%), Vitamin B3: 2.05mg (10.23%), Potassium: 351.69mg (10.05%), Manganese: 0.2mg (9.97%), Fiber: 2.07g (8.28%), Magnesium: 30.36mg (7.59%), Vitamin B5: 0.65mg (6.48%), Copper: 0.12mg (6.22%), Folate: 22.66µg (5.66%), Vitamin D: 0.3µg (2.03%)