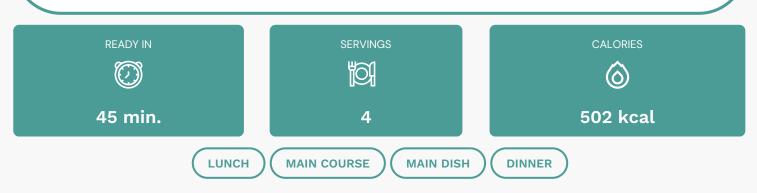


# Grilled Ham, Cheese, and Salami with Caper Relish



### 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
Εq	uipment
	bowl
	frying pan
	whisk
	spatula
Di	rections
	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 11/2 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 11/2 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, 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

#### 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: Og (100%), Alcohol %: O% (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: 945.01lU (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%)