



Grilled Ham, Chicken, and Gruyère Sandwiches

READY IN



28 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 teaspoons butter divided softened
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup gruyere cheese shredded
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 ounces pancetta cut into 4 thin slices
- ☐ 1 large potatoes - remove skin sliced

- ☐ 3 tablespoons shallots thinly sliced
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 0.8 ounce sourdough bread

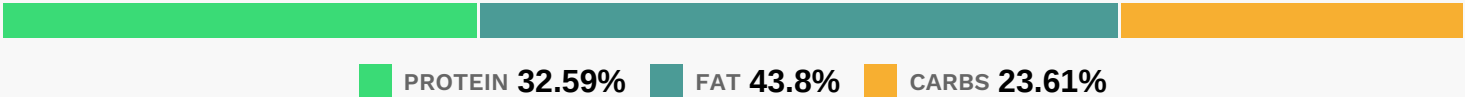
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Split each chicken breast in half lengthwise to form 2 cutlets.
- ☐ Heat a large skillet over medium-high heat. Coat the pan with cooking spray.
- ☐ Sprinkle chicken evenly with pepper.
- ☐ Add chicken to pan; cook 4 minutes on each side or until done.
- ☐ Remove chicken from pan. Wrap 1 prosciutto slice around each chicken cutlet.
- ☐ Return pan to medium heat. Coat pan with cooking spray.
- ☐ Spread one side of each bread slice evenly with 1/2 teaspoon butter.
- ☐ Place 4 bread slices, buttered side down, in pan. Top each bread slice in pan with 2 tablespoons cheese; toast bread for 2 minutes or until underside is toasted and cheese melts.
- ☐ Remove the bread from pan. Recoat pan with cooking spray.
- ☐ Place the remaining 4 bread slices, buttered side down, in pan; toast 2 minutes or until toasted.
- ☐ Remove from pan.
- ☐ Top each cheese-topped bread slice with 1 chicken cutlet.
- ☐ Spread 1 1/2 teaspoons mustard over untoasted side of each remaining bread slice.
- ☐ Combine arugula, shallots, and juice in a bowl; toss. Divide mixture evenly among sandwiches; top each sandwich with 1 bread slice, mustard side down.
- ☐ Serve with pear slices.
- ☐ Beer Match: Try an amber ale like New Belgium Fat Tire (\$50/bottle). The toasty malt and hoppy bitterness in these ales will complement the recipe's sweet pears and nutty cheese. --

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:2.54, Inflammation Score:-6, Nutrition Score:17.826087163842%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 337.65kcal (16.88%), Fat: 16.4g (25.23%), Saturated Fat: 7.68g (47.98%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 17.45g (6.35%), Sugar: 2.46g (2.74%), Cholesterol: 90.35mg (30.12%), Sodium: 453.75mg (19.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.92%), Vitamin B3: 10.73mg (53.63%), Selenium: 36.46µg (52.08%), Vitamin B6: 0.88mg (44.06%), Phosphorus: 374.99mg (37.5%), Potassium: 853.69mg (24.39%), Calcium: 208.83mg (20.88%), Vitamin B5: 1.74mg (17.37%), Magnesium: 61.66mg (15.42%), Vitamin B1: 0.23mg (15.35%), Vitamin C: 12.05mg (14.61%), Vitamin K: 14.96µg (14.24%), Manganese: 0.28mg (13.81%), Vitamin B2: 0.21mg (12.26%), Zinc: 1.75mg (11.69%), Vitamin A: 561.03IU (11.22%), Folate: 41.64µg (10.41%), Fiber: 2.45g (9.79%), Copper: 0.19mg (9.31%), Iron: 1.64mg (9.1%), Vitamin B12: 0.5µg (8.26%), Vitamin E: 0.47mg (3.11%), Vitamin D: 0.23µg (1.51%)