



Grilled Ham, Peach and Cheddar Sandwiches

READY IN



12 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 1 baguette sliced in half lengthwise cut into 4 pieces, each
- ☐ 6 ounces cheddar thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 4 ounces ham sliced
- ☐ 1 peaches pitted halved thinly sliced

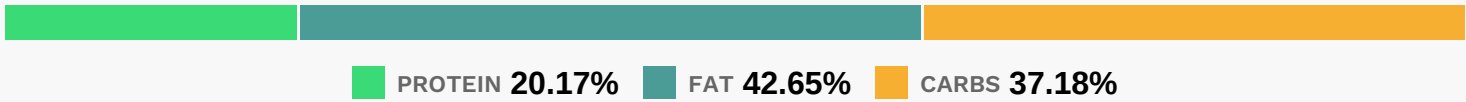
Equipment

- ☐ panini press

Directions

- ☐ Preheat a sandwich press according to manufacturer's instructions.
- ☐ Spread mustard and jam on bottom half of each baguette piece. Arrange peach slices on top.
- ☐ Lay ham slices on top of peaches. Top with cheese, then remaining baguette halves.
- ☐ Put sandwiches in press and cook until brown and crisp, 4 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:22.22, Inflammation Score:-6, Nutrition Score:15.679130647493%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 446.5kcal (22.33%), Fat: 21.17g (32.56%), Saturated Fat: 10.22g (63.86%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 39.46g (14.35%), Sugar: 10.61g (11.79%), Cholesterol: 60.1mg (20.03%), Sodium: 1050.99mg (45.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.05%), Selenium: 31.48µg (44.97%), Vitamin B1: 0.56mg (37.5%), Calcium: 374.12mg (37.41%), Phosphorus: 327.4mg (32.74%), Vitamin B2: 0.47mg (27.48%), Vitamin B3: 4.45mg (22.26%), Folate: 79.27µg (19.82%), Zinc: 2.83mg (18.86%), Manganese: 0.34mg (17.04%), Iron: 2.71mg (15.04%), Vitamin A: 571.51IU (11.43%), Vitamin B6: 0.22mg (10.8%), Vitamin B12: 0.63µg (10.54%), Magnesium: 38.32mg (9.58%), Fiber: 2.07g (8.26%), Copper: 0.16mg (7.76%), Potassium: 250.4mg (7.15%), Vitamin B5: 0.61mg (6.12%), Vitamin E: 0.9mg (6.01%), Vitamin K: 4.08µg (3.88%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.43mg (2.95%)