



Grilled Open-face Ham, Brie, and Arugula Sandwiches

READY IN



20 min.

SERVINGS



20

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb arugula dry washed and spun
- 1 pound brie cheese cut into 1/4-in. by 2-in. slices
- 20 slices ciabatta bread thick () (1 loaf)
- 1 garlic clove minced
- 0.8 pound ham thinly sliced
- 1 juice of lemon
- 0.3 cup olive oil plus more for grilling bread
- 20 servings salt and pepper black freshly ground

1 teaspoon sugar

Equipment

bowl

blender

grill

Directions

Put 1/4 cup olive oil, the lemon juice and zest, garlic, sugar, and salt and pepper to taste in a blender and pulse to combine.

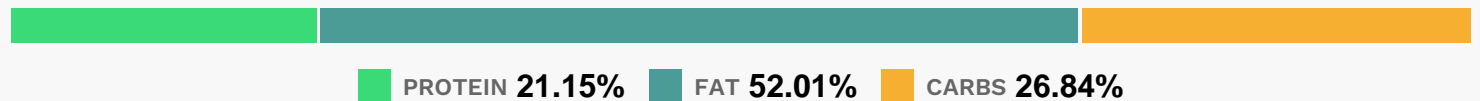
Preheat a gas or charcoal grill to medium (you can hold your hand 1 to 2 in. above cooking grate only 4 to 5 seconds).

Brush oil on both sides of bread and put on grill; sprinkle with salt and pepper. Grill 2 minutes. Turn over, top with cheese, close lid, and grill until cheese melts, 1 to 2 minutes.

Top cheese evenly with ham. In a large bowl, toss arugula with vinaigrette and arrange a handful on each sandwich.

Drizzle remaining vinaigrette over sandwiches.

Nutrition Facts



Properties

Glycemic Index:9.55, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:5.4095652518065%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 209.48kcal (10.47%), Fat: 12.11g (18.64%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 13.54g (4.92%), Sugar: 0.57g (0.64%), Cholesterol: 33.23mg (11.08%), Sodium: 484.94mg

(21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.17%), Vitamin K: 14.67µg (13.97%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.17mg (9.76%), Phosphorus: 85.44mg (8.54%), Vitamin B1: 0.12mg (8.26%), Vitamin A: 404.01IU (8.08%), Vitamin B12: 0.48µg (8.05%), Folate: 26.57µg (6.64%), Zinc: 0.99mg (6.61%), Vitamin B6: 0.13mg (6.45%), Calcium: 61.9mg (6.19%), Vitamin B3: 0.88mg (4.42%), Vitamin E: 0.56mg (3.71%), Potassium: 128.47mg (3.67%), Magnesium: 13.4mg (3.35%), Manganese: 0.06mg (3.1%), Vitamin B5: 0.29mg (2.88%), Vitamin C: 2.33mg (2.82%), Iron: 0.46mg (2.53%), Fiber: 0.52g (2.09%), Vitamin D: 0.23µg (1.55%), Copper: 0.03mg (1.45%)