



Ham and Brie Sandwich

 Dairy Free

READY IN



16 min.

SERVINGS



2

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 6 slices forest ham black
- ☐ 1 tablespoon dijon mustard
- ☐ 4 slices bread italian thick
- ☐ 1 tablespoon olive oil

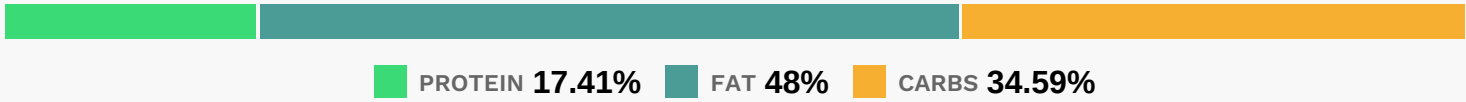
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Assemble the sandwiches by layering the ham, brie cheese, apricot preserves, and mustard in equal amounts on two pieces of bread, topping with the remaining two slices of bread.
- ☐ Brush the top of each sandwich with olive oil.
- ☐ Heat a grill pan over medium heat. Once the pan is hot, lie the sandwiches, oiled side down, in the pan.
- ☐ Brush the top of each sandwich with oil. Cook each side until the bread is golden brown, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.5526087284088%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 427.93kcal (21.4%), Fat: 22.92g (35.26%), Saturated Fat: 8.67g (54.17%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 35.37g (12.86%), Sugar: 24.15g (26.83%), Cholesterol: 45.36mg (15.12%), Sodium: 1109.28mg (48.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Iron: 2.15mg (11.97%), Potassium: 353.52mg (10.1%), Vitamin B3: 1.85mg (9.25%), Fiber: 1.78g (7.13%), Vitamin E: 1.06mg (7.07%), Folate: 25.92µg (6.48%), Vitamin B1: 0.07mg (4.68%), Selenium: 2.95µg (4.21%), Vitamin K: 4.33µg (4.12%), Magnesium: 11.2mg (2.8%), Vitamin B2: 0.05mg (2.67%), Phosphorus: 23.5mg (2.35%), Vitamin C: 1.79mg (2.17%), Manganese: 0.04mg (1.96%), Copper: 0.03mg (1.28%)