



Ham and Cheese Tartines with Cherokee Purple Tomato Salad

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups torn boston lettuce
- ☐ 6 ounce ciabatta bread toasted
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 1 garlic clove minced
- ☐ 3 cups wedges honeydew melon thinly sliced
- ☐ 3 ounces manchego cheese cut into 4 thin slices
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 1 teaspoon oregano fresh chopped

- ☐ 1 ounce serrano ham cut into 4 thin slices
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 tablespoon sherry vinegar
- ☐ 3 medium cherokee purple tomatoes halved lengthwise thinly sliced

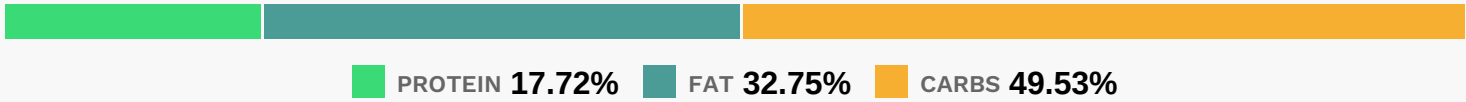
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ To prepare tartines, place bread slices in a single layer on a baking sheet. Arrange 1 ham slice and 1 cheese slice on each bread slice. Broil 3 minutes or until cheese melts.
- ☐ Sprinkle evenly with 1 teaspoon oregano.
- ☐ To prepare salad, combine 1 tablespoon oregano and next 4 ingredients (through garlic) in a bowl, stirring well with a whisk. Arrange 1 cup lettuce on each of 4 plates. Top each serving with 3/4 cup honeydew and 1/2 cup tomato slices.
- ☐ Drizzle each serving with about 1 tablespoon dressing.
- ☐ Place 1 tartine on each plate.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:15.210434778877%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.63mg,

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 298.71kcal (14.94%), Fat: 11.2g (17.24%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 34.14g (12.41%), Sugar: 13.52g (15.03%), Cholesterol: 26.55mg (8.85%), Sodium: 507.89mg (22.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.29%), Vitamin K: 74.25µg (70.72%), Vitamin A: 2635.07IU (52.7%), Vitamin C: 37.93mg (45.98%), Calcium: 292.35mg (29.24%), Folate: 79.58µg (19.9%), Potassium: 663.22mg (18.95%), Manganese: 0.34mg (16.9%), Fiber: 3.98g (15.94%), Vitamin B6: 0.26mg (13.16%), Iron: 1.89mg (10.48%), Magnesium: 34.99mg (8.75%), Vitamin E: 1.22mg (8.15%), Vitamin B1: 0.12mg (7.81%), Vitamin B3: 1.35mg (6.75%), Phosphorus: 58.2mg (5.82%), Copper: 0.11mg (5.45%), Vitamin B2: 0.07mg (4.38%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.44mg (2.92%), Selenium: 1.41µg (2.01%)