



Ham, Gruyere and Apple Panini

READY IN

ready

27 min.

SERVINGS

servings

4

CALORIES

calories

414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces forest ham black
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 granny smith apples cored peeled cut into 1/ slices
- ☐ 8 ounces gruyere cheese shredded
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 0.5 inch bread white thick country-style
- ☐ 0.5 cup whole-grain mustard

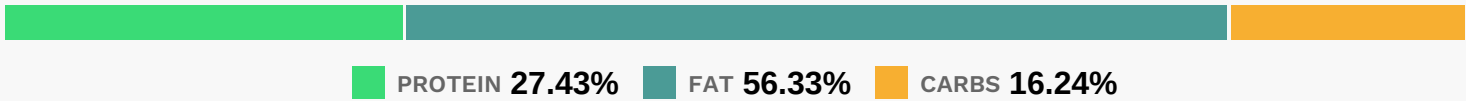
Equipment

- ☐ frying pan
- ☐ grill
- ☐ panini press

Directions

- ☐ Special equipment: a panini press
- ☐ In a 12-inch skillet, melt the butter over medium heat.
- ☐ Add the apple slices and thyme. Cook, stirring occasionally, until the apples are slightly soft, about 4 minutes. Cool for 5 minutes.
- ☐ Preheat a panini press.
- ☐ Spread each bread slice with 1 tablespoon mustard. Arrange 1/4 cup of cheese on each of 4 bread slices and top with 2 slices of ham. Divide the apple mixture evenly on top of the ham.
- ☐ Add the remaining cheese and cover with the remaining 4 bread slices. Grill in the panini press until the cheese has melted and the tops are golden and crispy, about 5 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:45.94, Glycemic Load:3.61, Inflammation Score:-9, Nutrition Score:12.653478275175%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 413.96kcal (20.7%), Fat: 26.25g (40.39%), Saturated Fat: 14.43g (90.17%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 13.25g (4.82%), Sugar: 12.16g (13.51%), Cholesterol: 108.04mg (36.01%), Sodium: 1337.96mg (58.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.54%), Calcium: 607.17mg (60.72%), Phosphorus: 390.55mg (39.05%), Selenium: 18.95µg (27.07%), Vitamin A: 866.82IU (17.34%), Zinc: 2.49mg (16.58%), Vitamin B12: 0.92µg (15.32%), Fiber: 3.77g (15.1%), Vitamin B2: 0.21mg (12.58%), Magnesium: 42.93mg (10.73%), Potassium: 364.69mg (10.42%), Manganese: 0.2mg (10.18%), Iron: 1.73mg (9.62%), Vitamin C: 7.11mg (8.62%), Vitamin B1: 0.11mg (7.41%), Vitamin B6: 0.11mg (5.57%), Vitamin B5: 0.48mg (4.84%), Vitamin K: 4.49µg (4.28%), Vitamin E: 0.59mg (3.96%), Copper: 0.08mg (3.85%), Folate: 11.93µg (2.98%), Vitamin D: 0.45µg (2.97%), Vitamin B3: 0.37mg (1.84%)