



Ham-Taleggio Grilled Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples green thinly sliced
- ☐ 8 ounces ham thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 onions thinly sliced
- ☐ 10 ounces taleggio cheese sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 8 slices bread white thin

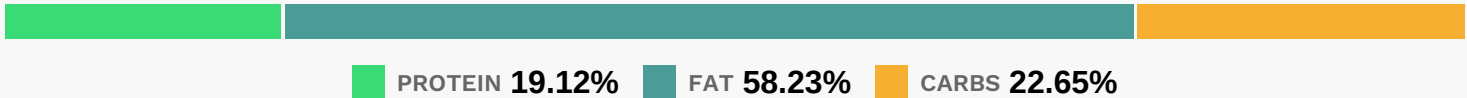
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Melt 1 tablespoon butter with the olive oil in a large skillet over medium-low heat.
- ☐ Add the onions and cook, stirring occasionally, until soft and caramelized, about 20 minutes. (For a shortcut, use onion marmalade in place of the caramelized onions.)
- ☐ Lay out 4 slices of bread. Top with half the cheese, then half the ham.
- ☐ Layer the caramelized onions, apple slices and the remaining ham and cheese on top, then the remaining bread slices.
- ☐ Wipe out the skillet; melt 1 tablespoon butter over medium-low heat.
- ☐ Add 2 sandwiches and cook, pressing gently with a spatula, until the bottom is golden and the cheese begins to melt, about 4 minutes.
- ☐ Flip and cook until golden, about 4 more minutes. Repeat with the remaining butter and sandwiches.
- ☐ Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:20.33, Inflammation Score:-8, Nutrition Score:16.375217178594%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 627.36kcal (31.37%), Fat: 41.17g (63.34%), Saturated Fat: 22.37g (139.82%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 32.85g (11.94%), Sugar: 9.74g (10.82%), Cholesterol: 113.72mg (37.91%), Sodium: 1751mg (76.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.83%), Calcium: 510.12mg (51.01%), Vitamin B1: 0.63mg (41.85%), Selenium: 24.85µg (35.5%), Vitamin A: 1670.6IU (33.41%), Vitamin B3: 5.02mg (25.09%), Phosphorus: 201.31mg (20.13%), Manganese: 0.39mg (19.56%), Folate: 69.33µg (17.33%), Vitamin B6: 0.35mg (17.32%), Vitamin B2: 0.28mg (16.21%), Iron: 2.37mg (13.14%), Fiber: 3.18g (12.71%), Zinc: 1.88mg (12.51%), Potassium: 352.2mg (10.06%), Magnesium: 32.26mg (8.06%), Vitamin E: 1.15mg (7.7%), Vitamin C: 6.16mg (7.47%), Copper: 0.14mg (7.22%), Vitamin B12: 0.38µg (6.35%), Vitamin B5: 0.63mg (6.34%), Vitamin K: 4.16µg (3.96%), Vitamin D: 0.55µg (3.7%)