



Hoisin Ham 'n' Cheese

READY IN



29 min.

SERVINGS



4

CALORIES



623 kcal

SAUCE

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 apples green cored sliced
- ☐ 8 slices ham thin
- ☐ 6 tablespoons hoisin sauce
- ☐ 4 servings mayonnaise for coating
- ☐ 2 cups pepper jack cheese shredded
- ☐ 8 slices jewish rye bread (or whatever bread you like)
- ☐ 2 scallions sliced very thinly

☐ 0.5 teaspoon sesame oil

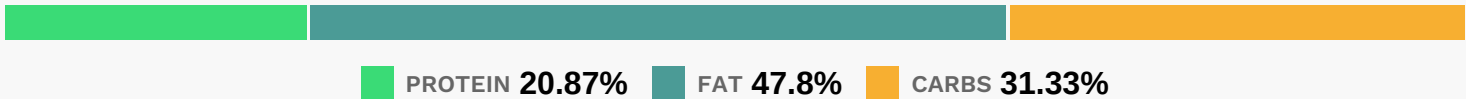
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ cutting board

Directions

- ☐ In a medium bowl, mix the cheese, hoisin, cilantro, sesame oil, scallions, and freshly ground pepper (to your liking).
- ☐ Mix with a spatula until well combined. Taste for seasoning, and avoid the temptation to eat the whole bowl as is.
- ☐ To make a sandwich, warm a cast iron skillet over medium heat. Then, lay 2 slices of ham on the bread.
- ☐ Place a layer of apple slices over the ham, and then spoon about 1/2 cup of the filling on one side of the bread, making sure it's evenly spread. Cover with the other slice of bread.
- ☐ Coat the top slice of bread with a very thin coating of mayonnaise, about 1 teaspoon.
- ☐ Place the sandwich in the skillet, mayonnaise-coated side down. Weigh down with another small cast iron skillet, if you have one. After 45 seconds, slather the uncoated side of the sandwich with a similarly thin layer of mayo. Flip. Wait another 30 to 45 seconds and remove to your cutting board. Slice in half. Repeat with the rest of the sandwiches and serve.

Nutrition Facts



Properties

Glycemic Index:64.33, Glycemic Load:16.11, Inflammation Score:-6, Nutrition Score:22.020434814951%

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 Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol:
0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg,
Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 622.88kcal (31.14%), Fat: 33.02g (50.8%), Saturated Fat: 15.23g (95.2%), Carbohydrates: 48.69g (16.23%),
Net Carbohydrates: 43.03g (15.65%), Sugar: 14.2g (15.77%), Cholesterol: 87.4mg (29.14%), Sodium: 1805.37mg
(78.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.87%), Selenium: 41.25µg (58.92%),
Calcium: 487.76mg (48.78%), Phosphorus: 468.14mg (46.81%), Vitamin B1: 0.64mg (42.36%), Vitamin B2: 0.63mg
(36.97%), Manganese: 0.64mg (32.09%), Vitamin B3: 5.34mg (26.7%), Zinc: 3.85mg (25.67%), Folate: 93.32µg
(23.33%), Fiber: 5.66g (22.65%), Vitamin K: 23.09µg (21.99%), Iron: 3.11mg (17.29%), Vitamin B6: 0.34mg (17.18%),
Magnesium: 60.99mg (15.25%), Vitamin B12: 0.83µg (13.87%), Copper: 0.23mg (11.71%), Potassium: 409.14mg
(11.69%), Vitamin A: 541.44IU (10.83%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 0.89mg (5.91%), Vitamin D: 0.74µg
(4.93%), Vitamin C: 3.63mg (4.4%)