



Mini Grilled Gruyere and Ham Sammies with Cornichons

READY IN



30 min.

SERVINGS



48

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups dijon mustard
- ☐ 12 slices pullman loaf white
- ☐ 12 slices gruyere cheese thick
- ☐ 6 slices ham
- ☐ 2 cups cornichon pickles halved lengthwise
- ☐ 2 sticks butter unsalted room temperature

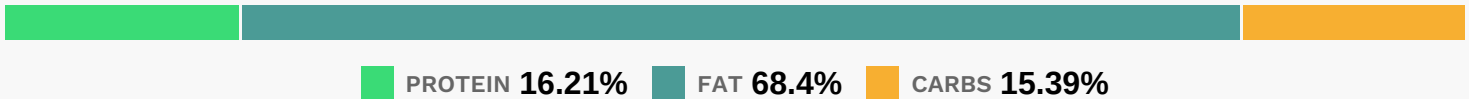
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ In a food processor, finely chop 2 cups cornichons until they are a coarse paste.
- ☐ Spread one side of each piece of bread with Dijon. Top each piece of bread with a slice of Gruyere.
- ☐ Place the ham on half of the pieces of the bread and cheese.
- ☐ Spread the cornichon paste on the other half of the pieces of bread and cheese.
- ☐ Preheat a griddle or saute pan.
- ☐ Close the sandwiches and press to secure. Butter the outsides of all the pieces of bread.
- ☐ Place the sandwiches on the griddle or pan and cook until the bread is golden brown, 3 to 4 minutes. Turnover and repeat this process.
- ☐ When the sammies are golden brown and crisp on each side, remove them from the griddle and neatly cut the crusts off the bread.
- ☐ Cut each crustless sandwich into 8 neat mini sammies.
- ☐ Top each mini sammie with a cornichon half and secure it with a toothpick.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:2.22, Inflammation Score:-2, Nutrition Score:2.8808695803518%

Nutrients (% of daily need)

Calories: 93.51kcal (4.68%), Fat: 7.18g (11.05%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.55g (0.61%), Cholesterol: 19.99mg (6.66%), Sodium: 255.59mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Calcium: 93.38mg (9.34%), Selenium: 5.95µg (8.5%), Phosphorus: 67.39mg (6.74%), Vitamin B1: 0.07mg (4.98%), Vitamin A: 200.51IU (4.01%), Manganese: 0.07mg (3.71%), Zinc: 0.47mg (3.13%), Vitamin B2: 0.05mg (3.08%), Vitamin B3: 0.51mg (2.57%), Vitamin B12: 0.14µg (2.37%), Magnesium: 9.12mg (2.28%), Folate: 8.91µg (2.23%), Iron: 0.39mg (2.17%), Fiber: 0.54g (2.15%), Vitamin B6:

0.03mg (1.61%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.19mg (1.26%), Potassium: 42.47mg (1.21%), Vitamin B5: 0.12mg (1.2%), Copper: 0.02mg (1.05%)