



Mixed Grilled: 3 New Takes on an Old Favorite

READY IN



20 min.

SERVINGS



4

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small artichoke hearts in water drained sliced for a salad topper later in the week canned Reserve the remainder of a small can
- ☐ 2 handfuls baby spinach leaves from bulk bin of produce department
- ☐ 4 servings butter for grilling
- ☐ 9 servings blades chive fresh snipped chopped
- ☐ 4 slices top white
- ☐ 0.3 pound gruyere cheese thinly sliced
- ☐ 8 slices baked ham thin
- ☐ 0.3 pound havarti cheese with caraway, thinly sliced

- ☐ 1 small mcintosh apples thinly sliced
- ☐ 4 slices grain bread whole
- ☐ 4 slices pumpernickel bread
- ☐ 4 servings salt and pepper
- ☐ 0.3 pound brick sharp cheddar thinly sliced
- ☐ 1 vine-ripe tomato thinly sliced

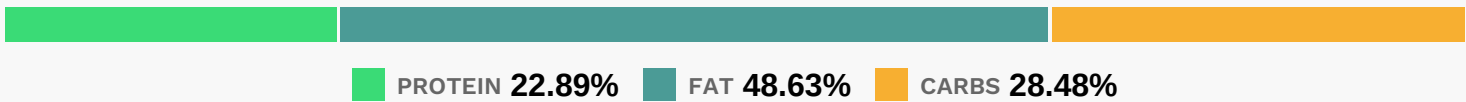
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ grill

Directions

- ☐ Heat a nonstick griddle pan over medium high heat. Wipe grill with butter nestled in paper towel.
- ☐ Add 4 slices bread. Cover bread with thin slices of cheese. Cover pumpernickel and Havarti grilled cheese with sliced tomato and chives. Cover cheddar and whole wheat grilled cheese with 2 slices of ham per sandwich and some sliced apple. Cover the crusty white bread-and-Gruyere sandwiches with spinach leaves and thinly sliced artichokes seasoned with salt and pepper.
- ☐ Make 2 sandwiches at a time and transfer to a warm plate in low oven.
- ☐ Cut sandwiches corner to corner and serve a platter of mixed grilled sandwiches with your homemade soup.

Nutrition Facts



Properties

Glycemic Index:107.55, Glycemic Load:42.2, Inflammation Score:-10, Nutrition Score:43.863912686058%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 965.62kcal (48.28%), Fat: 52.37g (80.57%), Saturated Fat: 27.57g (172.34%), Carbohydrates: 69g (23%), Net Carbohydrates: 62.17g (22.61%), Sugar: 9.42g (10.46%), Cholesterol: 158.11mg (52.7%), Sodium: 2410.81mg (104.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.47g (110.94%), Calcium: 1006.61mg (100.66%), Selenium: 65.69µg (93.85%), Phosphorus: 926.84mg (92.68%), Vitamin K: 85.66µg (81.58%), Manganese: 1.58mg (79.13%), Vitamin B1: 1.09mg (72.6%), Vitamin A: 2943.38IU (58.87%), Vitamin B2: 0.99mg (58.01%), Zinc: 7.47mg (49.79%), Folate: 193.66µg (48.41%), Vitamin B3: 8.25mg (41.26%), Vitamin B12: 1.89µg (31.57%), Magnesium: 122.09mg (30.52%), Iron: 5.38mg (29.9%), Fiber: 6.82g (27.3%), Vitamin B6: 0.55mg (27.26%), Copper: 0.41mg (20.37%), Potassium: 661.02mg (18.89%), Vitamin C: 11.64mg (14.11%), Vitamin B5: 1.36mg (13.61%), Vitamin E: 1.93mg (12.85%), Vitamin D: 0.95µg (6.31%)