



## Mixed Grilled: 3 New Takes on an Old Favorite

READY IN



20 min.

SERVINGS



4

CALORIES



1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 small artichoke hearts drained sliced for a salad topper later in the week canned (Reserve the remainder of a small can )
- 2 handfuls baby spinach
- 4 servings butter for grilling
- 9 servings chives fresh snipped chopped
- 4 slices top white
- 0.3 pound gruyere cheese thinly sliced
- 8 slices ham thin
- 0.3 pound havarti cheese with caraway, thinly sliced

- 1 small mcintosh apples thinly sliced
- 4 slices bread whole
- 4 slices bread whole
- 4 slices pumpernickel bread
- 4 servings salt and pepper
- 0.3 pound sharp cheddar cheese thinly sliced
- 1 tomatoes thinly sliced

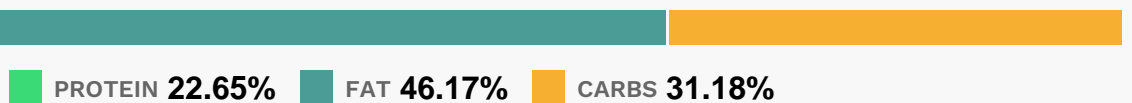
## Equipment

- 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:124.97, Glycemic Load:49.44, Inflammation Score:-10, Nutrition Score:47.547391704891%

## 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: 1036.74kcal (51.84%), Fat: 53.37g (82.1%), Saturated Fat: 27.78g (173.62%), Carbohydrates: 81.07g (27.02%), Net Carbohydrates: 72.56g (26.39%), Sugar: 10.65g (11.83%), Cholesterol: 158.11mg (52.7%), Sodium: 2536.81mg (110.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.91g (117.82%), Manganese: 2.18mg (109.02%), Calcium: 1052.25mg (105.22%), Selenium: 72.92µg (104.17%), Phosphorus: 986.2mg (98.62%), Vitamin K: 87.84µg (83.66%), Vitamin B1: 1.2mg (79.9%), Vitamin B2: 1.03mg (60.74%), Vitamin A: 2944.22IU (58.88%), Zinc: 7.96mg (53.08%), Folate: 205.42µg (51.35%), Vitamin B3: 9.49mg (47.46%), Magnesium: 143.65mg (35.91%), Fiber: 8.51g (34.02%), Iron: 6.1mg (33.89%), Vitamin B12: 1.89µg (31.57%), Vitamin B6: 0.61mg (30.28%), Copper: 0.47mg (23.53%), Potassium: 731.02mg (20.89%), Vitamin B5: 1.55mg (15.53%), Vitamin C: 11.64mg (14.11%), Vitamin E: 2.08mg (13.86%), Vitamin D: 0.95µg (6.31%)