



Mushroom and Prosciutto Grilled Cheese Sandwich

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 2 tablespoons broth (or white wine)
- ☐ 1 tablespoon butter room temperature ()
- ☐ 1 clove garlic chopped ()
- ☐ 2 slices mozzarella cheese
- ☐ 4 ounces mushrooms cleaned sliced (and)
- ☐ 1 tablespoon oil

- ☐ 0.5 small onion sliced ()
- ☐ 1 tablespoon parsley chopped (, optional)
- ☐ 3 slices pancetta
- ☐ 0.5 teaspoon thyme leaves chopped ()

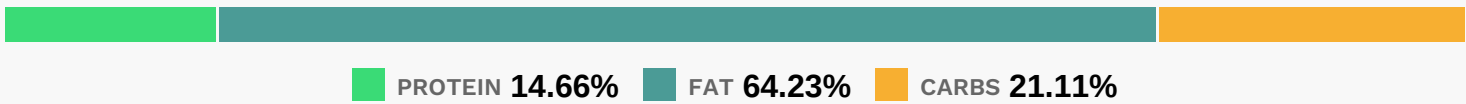
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and mushrooms and saute until caramelized, about 20–30 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the broth, deglaze the pan and saute until the liquid has been absorbed.
- ☐ Remove from heat and mix in the parsley.
- ☐ Assemble sandwich and grill until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:316.67, Glycemic Load:16.65, Inflammation Score:-9, Nutrition Score:28.311739144118%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 718.13kcal (35.91%), Fat: 50.57g (77.79%), Saturated Fat: 19.34g (120.9%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 33.09g (12.03%), Sugar: 7.88g (8.76%), Cholesterol: 90.71mg (30.24%), Sodium: 880.49mg (38.28%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 25.98g (51.96%), Vitamin K: 80.92µg (77.07%), Selenium: 41.91µg (59.87%), Vitamin B2: 0.81mg (47.5%), Manganese: 0.89mg (44.72%), Phosphorus: 431.8mg (43.18%), Vitamin B3: 8.42mg (42.09%), Calcium: 389.88mg (38.99%), Vitamin B1: 0.43mg (28.9%), Vitamin B5: 2.48mg (24.8%), Copper: 0.5mg (24.76%), Vitamin B12: 1.48µg (24.69%), Vitamin A: 1128.37IU (22.57%), Zinc: 3.31mg (22.09%), Folate: 84.83µg (21.21%), Vitamin E: 3.14mg (20.95%), Iron: 3.56mg (19.79%), Potassium: 646.19mg (18.46%), Vitamin B6: 0.37mg (18.33%), Fiber: 4.3g (17.22%), Vitamin C: 12.94mg (15.69%), Magnesium: 58.51mg (14.63%), Vitamin D: 0.55µg (3.66%)