



WHATSheATE



Prosciutto, Pear, and Blue Cheese Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue sliced
- ☐ 1 tablespoon butter softened
- ☐ 8 slices bread 100%
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 pears cored ripe thinly sliced
- ☐ 2 ounces pancetta thinly sliced
- ☐ 2 teaspoons red wine vinegar

☐ 1 medium shallots thinly sliced

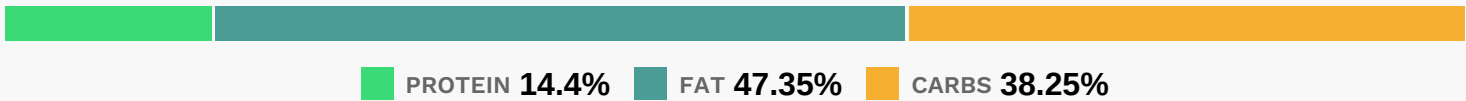
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange bread in a single layer on a baking sheet; broil 3 minutes or until toasted. Turn bread slices over; spread butter evenly over bread slices. Broil an additional 2 minutes or until toasted.
- ☐ Combine arugula and shallot in a medium bowl.
- ☐ Drizzle arugula mixture with oil and vinegar; sprinkle with pepper. Toss well to coat. Divide arugula mixture evenly among 4 bread slices, buttered side up; top evenly with prosciutto. Divide pear slices and cheese evenly among sandwiches; top each sandwich with 1 bread slice, buttered side down.

Nutrition Facts



Properties

Glycemic Index:69.36, Glycemic Load:16.91, Inflammation Score:-6, Nutrition Score:14.879999933035%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 341.67kcal (17.08%), Fat: 18.19g (27.98%), Saturated Fat: 7.25g (45.32%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 27.86g (10.13%), Sugar: 7.68g (8.53%), Cholesterol: 27.51mg (9.17%), Sodium: 536.88mg (23.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.9%), Manganese: 1.3mg (64.77%), Selenium: 19.56µg (27.94%), Vitamin K: 25.52µg (24.31%), Phosphorus: 212.02mg (21.2%), Fiber: 5.2g (20.78%), Calcium: 198.45mg (19.85%), Vitamin B1: 0.28mg (18.54%), Vitamin B3: 3.33mg (16.64%), Magnesium: 59.84mg (14.96%), Folate: 48.53µg (12.13%), Vitamin A: 570.21IU (11.4%), Vitamin B6: 0.23mg (11.39%), Zinc: 1.67mg (11.16%), Vitamin B2: 0.19mg (10.92%), Iron: 1.95mg (10.82%), Copper: 0.19mg (9.63%), Potassium: 334.88mg (9.57%), Vitamin B5: 0.82mg (8.18%), Vitamin E: 1.11mg (7.37%), Vitamin C: 4.68mg (5.67%), Vitamin B12: 0.25µg (4.16%)