



Serrano, Manchego, and Apple Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula
- 0.5 teaspoon pepper black divided
- 2 teaspoons dijon mustard divided
- 1.5 ounces manchego cheese shredded
- 1.5 tablespoons canola mayonnaise
- 1 tablespoon olive oil
- 4 ounces serrano ham paper-thin sliced
- 0.3 cup shallots sliced
- 1 teaspoon sherry vinegar

- 4 ounce sourdough bread toasted
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when cored peeled thinly sliced

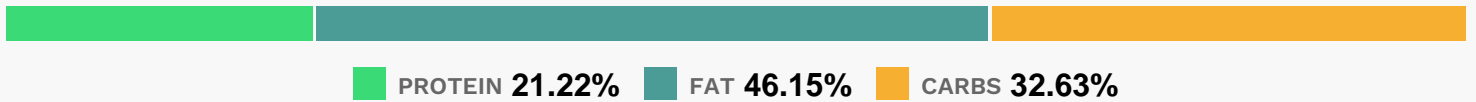
Equipment

- bowl
- broiler

Directions

- Preheat broiler.
- Combine mayonnaise and 1 teaspoon mustard; spread mayonnaise mixture over each bread slice. Top each slice with 1 tablespoon shallot, 1 ounce ham, and 4 teaspoons cheese, and sprinkle evenly with 1/4 teaspoon pepper. Broil 3 minutes.
- Combine 1 teaspoon mustard, oil, and vinegar.
- Combine the arugula and apple slices in a bowl; drizzle with vinaigrette. Toss gently. Divide the apple mixture evenly among sandwiches, and sprinkle with remaining 1/4 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:72.13, Glycemic Load:13.72, Inflammation Score:-5, Nutrition Score:7.7839129871648%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 289.22kcal (14.46%), Fat: 15.19g (23.37%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 21.65g (7.87%), Sugar: 7.48g (8.31%), Cholesterol: 28.78mg (9.59%), Sodium: 857.97mg (37.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.44%), Vitamin K: 23.33µg (22.22%), Calcium: 155.91mg (15.59%), Vitamin B1: 0.23mg (15.19%), Manganese: 0.28mg (14.15%), Selenium: 9.3µg (13.28%), Folate: 51.44µg (12.86%), Iron: 1.93mg (10.71%), Fiber: 2.52g (10.08%), Vitamin B2: 0.15mg (8.68%), Vitamin B3: 1.48mg (7.42%), Vitamin A: 327.49IU (6.55%), Vitamin E: 0.88mg (5.85%), Vitamin C: 4.79mg (5.81%), Vitamin B6: 0.11mg (5.51%), Phosphorus: 53.14mg (5.31%), Magnesium: 20.88mg (5.22%), Potassium: 176.79mg (5.05%), Copper: 0.08mg (4.11%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.23mg (2.29%)