



Smoked Ham, Roasted Radicchio, And Cheese Panini

READY IN



45 min.

SERVINGS



2

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces cheese such as gorgonzola or camembert, crumbled or thinly sliced
- ☐ 2 inch top good
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 servings pepper black freshly ground
- ☐ 1 head radicchio thinly
- ☐ 6 slices ham smoked thin

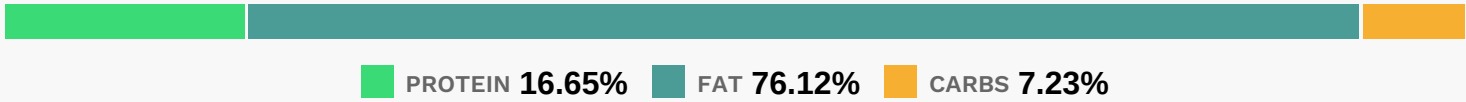
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ panini press

Directions

- ☐ Heat the oven to 350°F.
- ☐ Lay the wedges of radicchio on a small sheet pan and drizzle with about 2 tablespoons of the olive oil. Season with salt and pepper and cover the pan with aluminum foil. (Covering the pan allows the radicchio to steam and roast at the same time.) Cook until very tender and lightly browned, about 30 minutes. (The radicchio can be roasted a day ahead.)
- ☐ Heat a panini or sandwich grill until hot (400°F to 450°F). If you don't have a panini grill, heat a grill pan or cast-iron pan over medium-low heat. Pat the radicchio dry, if need be, and cut away any tough core. Make two sandwiches, layering the ham, cheese, and radicchio. (You may not use all of the radicchio.)
- ☐ Brush the outsides of the sandwiches with olive oil and grill in the press for 9 to 10 minutes; you want to crisp and brown the bread and melt the cheese a bit, but the meat need not be excessively hot. If using a pan, weight the sandwiches down with another heavy pan set on top. Cook for 2 to 3 minutes on each side, watching them carefully and adjusting the heat as needed.
- ☐ Cut and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ In the spring of 2005, Scott opened Alto, which focuses on the cuisine of northern Italy. Named one of the ten best new chefs in the country in 2004 by Food & Wine, Scott cultivated his cooking style in some of Manhattan's finest Italian kitchens, including San Domenico, Il Toscanaccio, and Chianti. Joanne McAllister Smart is the co-author with Gordon Hamersley of *Bistro Cooking at Home* and editor of *Fine Cooking's Cooking New American*, both IACP award winners. A regular contributor to *Fine Cooking* magazine, she lives in Connecticut with her husband and two children.
- ☐ add notes my notes

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:17.590000147405%

Flavonoids

Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 53.2mg, Luteolin: 53.2mg, Luteolin: 53.2mg, Luteolin: 53.2mg Quercetin: 44.11mg, Quercetin: 44.11mg, Quercetin: 44.11mg

Nutrients (% of daily need)

Calories: 456.08kcal (22.8%), Fat: 39.32g (60.49%), Saturated Fat: 10.04g (62.74%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.07g (2.57%), Sugar: 1.11g (1.24%), Cholesterol: 58.59mg (19.53%), Sodium: 996.88mg (43.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.7%), Vitamin K: 374.12µg (356.3%), Vitamin E: 7.27mg (48.47%), Phosphorus: 335.46mg (33.55%), Copper: 0.64mg (32.16%), Calcium: 235.36mg (23.54%), Folate: 93.09µg (23.27%), Zinc: 3.08mg (20.51%), Potassium: 618.04mg (17.66%), Selenium: 10.01µg (14.31%), Vitamin C: 11.2mg (13.58%), Magnesium: 46.37mg (11.59%), Manganese: 0.22mg (11.1%), Iron: 1.92mg (10.68%), Vitamin B2: 0.18mg (10.31%), Vitamin A: 322.41IU (6.45%), Fiber: 1.34g (5.36%), Vitamin B6: 0.1mg (5.12%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.3µg (5.01%), Vitamin B1: 0.05mg (3.25%), Vitamin B3: 0.5mg (2.48%), Vitamin D: 0.17µg (1.13%)