



Smoked Salmon and Gruyere Grilled Cheese Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lemon zest seeds removed thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 8 slices bread french
- ☐ 4 ounces salmon smoked
- ☐ 4 ounces gruyère cheese shredded sliced
- ☐ 1 Tbsp chives chopped
- ☐ 4 servings butter

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Cook lemon slices in salted water: In a small saucepan bring 1 cup of water to a boil.
- ☐ Add a half teaspoon of salt. When the salt has dissolved, add the slices of lemon to the pan, layering them down flat in the pan.
- ☐ Let water boil away until it is almost all gone and there is just a thin syrup left in the pan. Do not stir while cooking.
- ☐ Remove from heat.
- ☐ Heat a large cast iron pan on medium high heat. While the pan is heating, arrange the sandwiches (next step).
- ☐ Arrange the sandwiches, layering the smoked salmon, cheese, chives, and cooked lemon slices:
- ☐ Lay out 4 slices of bread. On top of them layer slices of smoked salmon, cheese, and chives. Use a fork to lift the lemon slices out of the pan and add one large lemon slice to each sandwich. Top with a second layer of bread.
- ☐ Butter top of bread slices, put sandwiches in the pan, buttered side down: Butter the top bread slices generously with butter. Once the pan is hot, place the sandwiches in the pan, butter side down. Lower the heat to medium.
- ☐ Let cook for a few minutes until the bottom of the sandwiches are well toasted.
- ☐ Butter the top of the sandwiches in the pan, flip sandwiches over: Butter the top side of the sandwiches in the pan. Use a metal spatula to flip the sandwiches over. Press down on the sandwiches with the metal spatula.
- ☐ Let cook until the bottom of the sandwiches is nicely browned. If the cheese isn't melting, turn the heat to low, cover the pan and let cook for a few minutes more.

Nutrition Facts



 PROTEIN **20.61%**  FAT **29.55%**  CARBS **49.84%**

Properties

Glycemic Index:50.25, Glycemic Load:51.22, Inflammation Score:-7, Nutrition Score:23.626956830854%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 534.52kcal (26.73%), Fat: 17.54g (26.98%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 66.58g (22.19%), Net Carbohydrates: 63.74g (23.18%), Sugar: 6.04g (6.71%), Cholesterol: 48.45mg (16.15%), Sodium: 1518.1mg (66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.05%), Selenium: 49.96µg (71.37%), Vitamin B1: 0.93mg (62.21%), Folate: 161.79µg (40.45%), Vitamin B2: 0.66mg (38.64%), Vitamin B3: 7.54mg (37.72%), Calcium: 358.11mg (35.81%), Phosphorus: 354.06mg (35.41%), Manganese: 0.68mg (34.2%), Vitamin D: 5.02µg (33.45%), Iron: 5.31mg (29.5%), Vitamin B12: 1.39µg (23.1%), Zinc: 2.53mg (16.89%), Magnesium: 56.7mg (14.18%), Copper: 0.27mg (13.51%), Vitamin B6: 0.24mg (12%), Fiber: 2.84g (11.35%), Vitamin A: 451.04IU (9.02%), Vitamin B5: 0.84mg (8.42%), Potassium: 225.99mg (6.46%), Vitamin E: 0.85mg (5.66%), Vitamin K: 3.64µg (3.46%)