



Spanish Grilled Cheese Sandwiches with Manchego and Jamón Serrano

READY IN



45 min.

SERVINGS



2

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter room temperature
- ☐ 4 ounces jamón serrano thinly sliced
- ☐ 6 ounces manchego cheese thinly sliced
- ☐ 4 medjool dates pitted chopped
- ☐ 4 slices sandwich bread white firm

Equipment

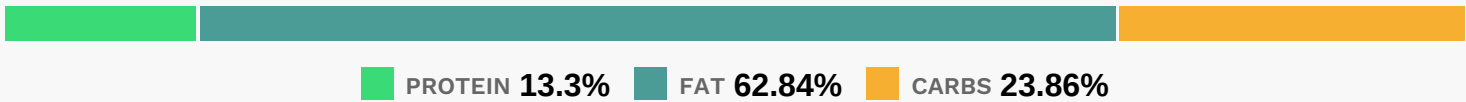
- ☐ frying pan

- ☐ baking sheet
- ☐ panini press

Directions

- ☐ Line baking sheet with waxed paper.
- ☐ Spreadbutter on bread slices, dividing equally.
- ☐ Place2 bread slices on prepared baking sheet,buttered side down. Top bread slices withhalf of sliced cheese (1 1/2 ounces each); topcheese with ham, dividing equally.
- ☐ Sprinkledates over. Top with remaining cheese,then remaining 2 bread slices, buttered sideup. Refrigerate 30 minutes. DO AHEAD: Canbe made 8 hours ahead. Cover with plasticwrap and keep chilled. Peel plastic fromsandwiches before continuing.
- ☐ Heat panini press and cook sandwichesaccording to manufacturer’s instructions.(Alternatively, heat heavy large skillet overmedium–high heat. Reduce heat to mediumlow.
- ☐ Place sandwiches in skillet.
- ☐ Placeanother large skillet atop sandwiches; placeweight, such as large can of tomatoes, atopskillet. Cook sandwiches until golden brownand cheese melts, about 4 minutes per side.)

Nutrition Facts



Properties

Glycemic Index:62.39, Glycemic Load:17.54, Inflammation Score:-6, Nutrition Score:17.2986956161%

Nutrients (% of daily need)

Calories: 1019.82kcal (50.99%), Fat: 71.77g (110.42%), Saturated Fat: 40.01g (250.03%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 56.96g (20.71%), Sugar: 34.59g (38.43%), Cholesterol: 173.57mg (57.86%), Sodium: 1265.6mg (55.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.36%), Calcium: 1054.11mg (105.41%), Selenium: 23.21µg (33.15%), Vitamin B1: 0.44mg (29%), Vitamin B3: 5.44mg (27.21%), Manganese: 0.44mg (22.22%), Vitamin A: 1085.56IU (21.71%), Fiber: 4.37g (17.46%), Phosphorus: 172.95mg (17.29%), Vitamin B6: 0.32mg (15.85%), Folate: 63.33µg (15.83%), Potassium: 509.88mg (14.57%), Iron: 2.35mg (13.05%), Copper: 0.26mg (12.98%), Vitamin B2: 0.2mg (11.87%), Magnesium: 46.64mg (11.66%), Vitamin B5: 0.99mg (9.92%), Zinc: 1.34mg (8.93%), Vitamin E: 0.84mg (5.61%), Vitamin B12: 0.32µg (5.32%), Vitamin K: 2.87µg (2.73%), Vitamin D: 0.23µg (1.51%)