



Tomato, Prosciutto and Gruyère Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 beefsteak tomatoes peeled thinly sliced
- ☐ 1 teaspoon cooking wine dry white
- ☐ 1 garlic
- ☐ 0.5 pound gruyère cheese thinly sliced
- ☐ 0.5 teaspoon kirsch liqueur
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 2 ounces pancetta thinly sliced
- ☐ 4 servings salt

- ☐ 4 servings paprika sweet
- ☐ 4 slices bread white 1-inch-thick

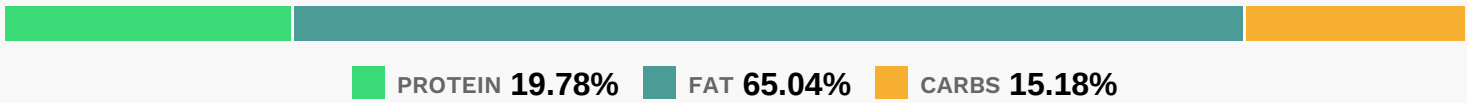
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven to 40
- ☐ Brush the bread slices on both sides with the olive oil and transfer to a baking sheet. Toast for 10 to 15 minutes, turning once, until golden and crisp but still soft inside. Rub the toast on one side with the garlic. In a small bowl, combine the white wine and kirsch and sprinkle lightly over the garlic-rubbed sides of the toast. Top with the prosciutto and tomato and season lightly with salt. Top with the cheese.
- ☐ Preheat the broiler. Broil the sandwiches as close to the heat as possible for about 3 minutes, shifting the pan occasionally, until the cheese is bubbling.
- ☐ Sprinkle with pepper and paprika and serve hot.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:9.75, Inflammation Score:-8, Nutrition Score:16.152608912924%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 444.61kcal (22.23%), Fat: 32.14g (49.45%), Saturated Fat: 13.82g (86.37%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 14.89g (5.42%), Sugar: 3.9g (4.33%), Cholesterol: 71.72mg (23.91%), Sodium: 816.99mg (35.52%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 21.99g (43.98%), Calcium: 639.01mg (63.9%), Phosphorus: 416.79mg (41.68%), Vitamin A: 1744.21IU (34.88%), Selenium: 17.05µg (24.35%), Zinc: 2.8mg (18.66%), Vitamin B12: 0.98µg (16.3%), Vitamin B1: 0.24mg (15.76%), Vitamin B2: 0.26mg (15.26%), Manganese: 0.3mg (14.97%), Vitamin C: 11.89mg (14.41%), Vitamin E: 2.03mg (13.56%), Vitamin K: 13.49µg (12.85%), Vitamin B3: 2.43mg (12.17%), Folate: 46.71µg (11.68%), Vitamin B6: 0.21mg (10.31%), Magnesium: 40.48mg (10.12%), Potassium: 332.84mg (9.51%), Iron: 1.5mg (8.35%), Fiber: 1.99g (7.94%), Vitamin B5: 0.64mg (6.39%), Copper: 0.12mg (5.81%), Vitamin D: 0.4µg (2.65%)