



Tomato-Prosciutto Grilled Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 garlic clove minced
- ☐ 0.5 teaspoon honey
- ☐ 8 pieces whole-grain bread
- ☐ 4 tablespoons olive oil divided
- ☐ 8 slices pancetta
- ☐ 0.1 cup onion red chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 cups lowfat cheddar shredded divided
- ☐ 0.5 san marzano tomato diced canned

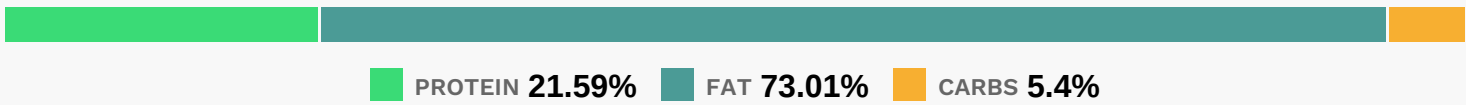
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oven to 350°F. In a small pot over medium heat, cook tomato, onion and garlic until tomato breaks down and resembles jam, 15 minutes.
- ☐ Add vinegar and honey; cook until jam thickens, 15 minutes. Season with salt and black pepper; remove from heat.
- ☐ On a cookie sheet, arrange bread in a single layer. Top each slice with 1/4 cup cheese and 1 slice prosciutto; bake until cheese melts, 3 minutes.
- ☐ Divide tomato jam among 4 sandwich halves; top with remaining sandwich halves.
- ☐ In a medium skillet over medium heat, heat 1 tablespoon oil. Cook one sandwich, flipping once, 3 minutes per side. Repeat with remaining oil and sandwiches.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:54.24, Glycemic Load:1.19, Inflammation Score:-3, Nutrition Score:7.1569565456846%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 302kcal (15.1%), Fat: 24.41g (37.56%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.67g (1.33%), Sugar: 1.72g (1.91%), Cholesterol: 22.42mg (7.47%), Sodium: 462.35mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.48%), Phosphorus: 306.79mg (30.68%), Calcium: 242.32mg (24.23%), Selenium: 12.01µg (17.16%), Vitamin E: 2.21mg (14.76%), Vitamin K: 10.16µg (9.68%), Zinc: 1.29mg (8.63%), Vitamin B2: 0.15mg (8.6%), Vitamin B12: 0.36µg (5.95%), Vitamin A: 251.14IU (5.02%), Vitamin B6: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.86mg (4.31%), Manganese: 0.08mg (4.03%), Magnesium: 14.95mg (3.74%), Potassium: 121.27mg (3.46%), Vitamin C: 2.62mg (3.17%), Iron: 0.51mg (2.84%), Folate: 10.34µg (2.59%), Vitamin B5: 0.23mg (2.29%), Copper: 0.04mg (1.8%), Fiber: 0.4g (1.6%)