



Ultimate Grilled Cheese Sandwich

READY IN



45 min.

SERVINGS



2

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings butter
- ☐ 8 large basil fresh
- ☐ 2 inch mozzarella fresh drained
- ☐ 2 inch heirloom tomatoes (from 1 large)
- ☐ 2 tablespoons olive oil
- ☐ 4 slices pancetta thin
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 4 slices sourdough bread white

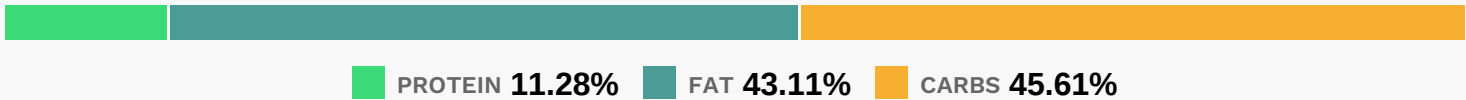
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Lightly butter 1 side of each bread slice.
- ☐ Place 2 bread slices, buttered side down, on work surface. Top each with 2 prosciutto slices, then 4 basil leaves, then 4 cheese slices.
- ☐ Sprinkle with salt and crushed red pepper. Top with remaining 2 bread slices, buttered side up.
- ☐ Heat olive oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Add sandwiches to skillet and cook until golden on bottom, about 4 minutes. Turn sandwiches over; transfer skillet to oven and bake until golden and cheese melts, about 5 minutes.
- ☐ Remove from oven. Carefully lift off top bread slices from sandwiches and insert 3 tomato slices into each, then cover with bread tops and serve.

Nutrition Facts



Properties

Glycemic Index:132.75, Glycemic Load:51.27, Inflammation Score:-7, Nutrition Score:18.596087030742%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 583.64kcal (29.18%), Fat: 28.12g (43.26%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 66.96g (22.32%), Net Carbohydrates: 64g (23.27%), Sugar: 6.03g (6.7%), Cholesterol: 23.32mg (7.77%), Sodium: 929.13mg (40.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.11%), Vitamin B1: 0.96mg (63.74%), Selenium: 40.36µg (57.66%), Folate: 159.31µg (39.83%), Manganese: 0.7mg (34.94%), Vitamin B3: 6.88mg (34.38%), Vitamin B2: 0.57mg (33.67%), Iron: 5.26mg (29.23%), Vitamin E: 2.6mg (17.31%), Phosphorus: 169.89mg (16.99%), Vitamin K:

16.84µg (16.04%), Fiber: 2.96g (11.84%), Magnesium: 45.16mg (11.29%), Zinc: 1.63mg (10.84%), Copper: 0.21mg (10.59%), Vitamin B6: 0.19mg (9.52%), Calcium: 85.44mg (8.54%), Vitamin A: 327.72IU (6.55%), Potassium: 200.33mg (5.72%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.15µg (2.44%)