

Ham & Caramelized Onion Grilled Cheese

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Servings: 4

nonstick cooking spray

1 large onion, very thinly sliced

1/4 teaspoon sugar

dash salt

4 teaspoons spicy brown mustard

1 tablespoon prepared horseradish

2 teaspoons honey

8 slices light whole-wheat bread

12 slices (6 ounces) low-sodium ham

4 ounces Gruyere cheese

Coat a medium nonstick skillet with cooking spray and place over medium heat. Add the onion, sugar and salt. Cover. Cook for 10 minutes or until lightly browned, stirring occasionally. Remove from the heat.

Stir together the mustard, horseradish and honey. Spread four slices of bread evenly with the mustard mixture. Layer three pieces of ham over each piece of bread. Place about two tablespoons of onions on top of the ham. Place one ounce of the cheese on top of the onions. Place the four remaining bread slices over the cheese.

Coat the sandwiches lightly with nonstick cooking spray. Preheat a covered indoor grill or panini press. Place the sandwiches, half at a time, if necessary, on the grill or panini press. Cover and cook about 5 minutes or until golden brown and the cheese is melted. (For a grill pan or skillet, heat over medium heat. Place the sandwiches in the grill pan or skillet. Weigh the sandwiches down with a heavy skillet and cook for 2 to 3 minutes. Turn the sandwiches over, weigh down, and cook for 2 minutes more or until golden brown and the cheese is melted.)

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 24 Calories; trace Fat (2.3% calories from fat); trace Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	24
% Calories from Fat:	2.3%
% Calories from Carbohydrates:	91.9%
% Calories from Protein:	5.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	13mg
Potassium (mg):	54mg
Calcium (mg):	8mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	24	Calories from Fat:	1
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	2%
Protein	trace	

Vitamin A	0%
Vitamin C	5%
Calcium	1%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.