






 **16%**
HEALTH SCORE

Avocado Tomato & Mozzarella Panini/sandwiches

 Vegetarian

READY IN

45 min.

SERVINGS

4

CALORIES

506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe sliced
- 8 slices bread french
- 0.5 cup mozzarella cheese grated
- 4 servings butter for outside of panini
- 1 frangelico sliced thin
- 1 frangelico sliced thin

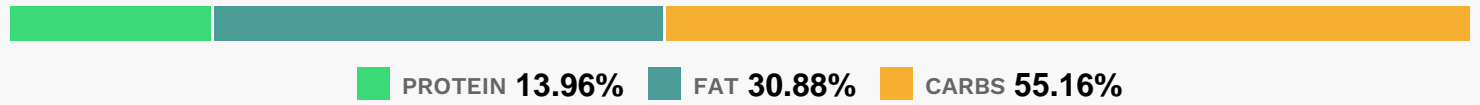
Equipment

grill

Directions

- Top 4 slices of bread with a layer of mozzarella, tomato, avocado slices and another layer of mozzarella.
- Spread a little butter on both outsides of the sandwiches and grill until bread is toasted and cheese is melted.
- Serve warm and enjoy!

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:51.66, Inflammation Score:-7, Nutrition Score:21.246086956522%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Taste

Sweetness: 50.85%, Saltiness: 15.42%, Sourness: 5.55%, Bitterness: 3.56%, Savoriness: 8.55%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 506.41kcal (25.32%), Fat: 17.67g (27.18%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 71.03g (23.68%), Net Carbohydrates: 64.85g (23.58%), Sugar: 6.39g (7.1%), Cholesterol: 21.81mg (7.27%), Sodium: 894.01mg (38.87%), Protein: 17.98g (35.95%), Vitamin B1: 0.95mg (63.13%), Selenium: 39.24µg (56.06%), Folate: 199.27µg (49.82%), Vitamin B2: 0.65mg (38.42%), Manganese: 0.75mg (37.31%), Vitamin B3: 7.06mg (35.3%), Iron: 5.34mg (29.69%), Fiber: 6.18g (24.73%), Phosphorus: 211.29mg (21.13%), Magnesium: 58.43mg (14.61%), Copper: 0.29mg (14.58%), Calcium: 144.49mg (14.45%), Zinc: 2.07mg (13.77%), Vitamin B6: 0.27mg (13.57%), Potassium: 405.31mg (11.58%), Vitamin K: 12.12µg (11.54%), Vitamin B5: 1.15mg (11.51%), Vitamin E: 1.45mg (9.68%), Vitamin C: 5.03mg (6.09%), Vitamin A: 292.96IU (5.86%), Vitamin B12: 0.33µg (5.46%)