



Beef, Broccoli Rabe and Provolone Panini

READY IN



30 min.

SERVINGS



30

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1 pound broccoli rabe trimmed chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup olive oil extra virgin extra-virgin plus more for brushing
- ☐ 0.3 cup pasilla peppers chopped
- ☐ 24 slices provolone cheese thin ()
- ☐ 1.5 pounds frangelico leftover sliced
- ☐ 6 portugese rolls split soft

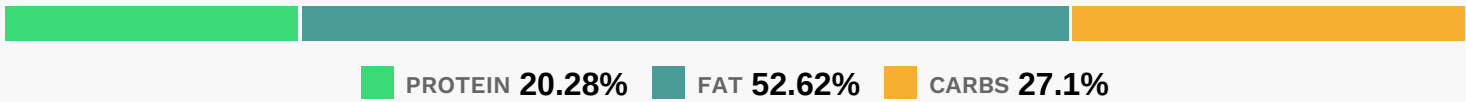
Equipment

- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ panini press

Directions

- ☐ Preheat a panini press or griddle. Bring a large pot of water to a boil.
- ☐ Add the broccoli rabe and cook until bright green, about 3 minutes.
- ☐ Drain well.
- ☐ In a large skillet, heat the 1/4 cup of oil.
- ☐ Add the minced garlic, anchovy paste and crushed red pepper and cook over moderately high heat for 10 seconds.
- ☐ Add the broccoli rabe and season with salt. Cover and cook over moderately high heat, stirring occasionally, until the broccoli rabe is tender, about 5 minutes.
- ☐ Layer 2 slices of provolone on the bottom of each roll. Top with the broccoli rabe, roast beef, Peppadews and the remaining provolone. Close the rolls and brush lightly with oil. Grill the sandwiches until toasted and the cheese is melted, about 7 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:4.71, Inflammation Score:-4, Nutrition Score:5.4891303985015%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 108.3kcal (5.41%), Fat: 6.38g (9.82%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.04g (1.16%), Cholesterol: 10.66mg (3.55%), Sodium: 181.99mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Vitamin K: 35.44µg (33.75%), Iron: 2.57mg (14.25%), Calcium: 133.6mg (13.36%), Vitamin A: 544.78IU (10.9%), Phosphorus: 87.59mg (8.76%), Vitamin C: 4.12mg (4.99%), Zinc: 0.62mg (4.12%), Vitamin B2: 0.07mg (4.11%), Vitamin E: 0.56mg (3.75%), Vitamin B12: 0.22µg (3.73%), Selenium: 2.53µg (3.61%), Folate: 14.23µg (3.56%), Manganese: 0.07mg (3.34%), Fiber: 0.66g (2.63%), Vitamin B6: 0.04mg (2.17%), Magnesium: 7.94mg (1.99%), Vitamin B1: 0.03mg (1.92%), Potassium: 55.34mg (1.58%), Vitamin B3: 0.26mg (1.3%), Vitamin B5: 0.13mg (1.26%)