



Beef-Pesto Panini

READY IN



15 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bread crumbs italian
- 2 tablespoons butter softened
- 0.3 cup basil pesto
- 0.5 lb roast beef cooked thinly sliced
- 4 oz mozzarella cheese
- 1 serving pasta sauce warmed

Equipment

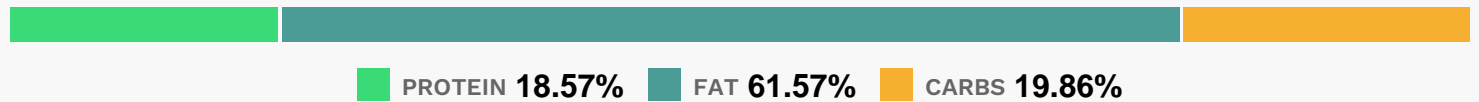
- frying pan

grill pan

Directions

- Spread 1 side of each bread slice with butter.
- Spread 1 tablespoon pesto on unbuttered side of 4 bread slices; place buttered sides down in 12-inch skillet or grill pan. Top with beef, cheese and remaining bread slices, buttered sides up.
- Cook over medium heat 4 to 5 minutes, turning once, until bread is crisp and cheese is melted.
- Serve with pasta sauce.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:12.92043493105%

Nutrients (% of daily need)

Calories: 493.95kcal (24.7%), Fat: 33.9g (52.16%), Saturated Fat: 14.26g (89.14%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.49g (8.18%), Sugar: 14.24g (15.82%), Cholesterol: 55.95mg (18.65%), Sodium: 1535.57mg (66.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23g (46.01%), Vitamin C: 27.67mg (33.54%), Calcium: 333.26mg (33.33%), Vitamin B3: 6.35mg (31.74%), Vitamin B12: 1.62µg (26.95%), Phosphorus: 234.47mg (23.45%), Zinc: 3.02mg (20.15%), Vitamin A: 887.12IU (17.74%), Iron: 2.54mg (14.11%), Vitamin B6: 0.27mg (13.4%), Selenium: 8.8µg (12.57%), Vitamin B2: 0.21mg (12.26%), Potassium: 361mg (10.31%), Folate: 35.17µg (8.79%), Fiber: 2.11g (8.43%), Magnesium: 29.18mg (7.3%), Vitamin B1: 0.1mg (6.54%), Vitamin E: 0.71mg (4.75%), Copper: 0.08mg (3.9%), Vitamin B5: 0.31mg (3.11%), Manganese: 0.05mg (2.6%), Vitamin K: 1.51µg (1.44%)