



Beef-Pesto Panini

READY IN



15 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

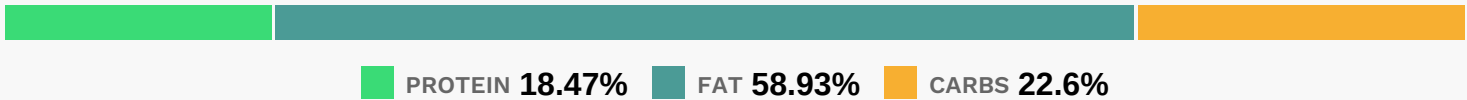
- ☐ frying pan

☐ 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:2.27, Inflammation Score:-8, Nutrition Score:16.560000108636%

Nutrients (% of daily need)

Calories: 516kcal (25.8%), Fat: 34.18g (52.58%), Saturated Fat: 14.3g (89.38%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 25.99g (9.45%), Sugar: 17.51g (19.45%), Cholesterol: 55.95mg (18.65%), Sodium: 1971.06mg (85.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.21%), Vitamin C: 34.1mg (41.34%), Vitamin B3: 7.26mg (36.29%), Calcium: 346.13mg (34.61%), Vitamin B12: 1.62µg (26.95%), Phosphorus: 259.27mg (25.93%), Vitamin A: 1284.94IU (25.7%), Zinc: 3.22mg (21.49%), Iron: 3.42mg (19.01%), Potassium: 633.87mg (18.11%), Vitamin B6: 0.36mg (17.9%), Vitamin B2: 0.27mg (15.78%), Fiber: 3.49g (13.94%), Vitamin E: 2.03mg (13.57%), Selenium: 9.35µg (13.36%), Folate: 43.44µg (10.86%), Magnesium: 42.96mg (10.74%), Copper: 0.18mg (9.18%), Vitamin B1: 0.12mg (8.01%), Manganese: 0.15mg (7.52%), Vitamin B5: 0.59mg (5.94%), Vitamin K: 4.08µg (3.89%)