



Beef-Pesto Panini

READY IN



15 min.

SERVINGS



4

CALORIES



487 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
- ☐ 0.5 lb roast beef cooked thinly sliced

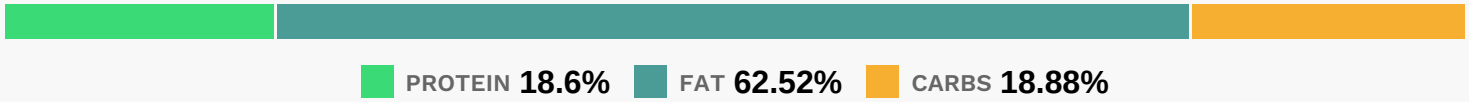
Equipment

- ☐ 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:6.75, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:11.706521959408%

Nutrients (% of daily need)

Calories: 486.6kcal (24.33%), Fat: 33.81g (52.02%), Saturated Fat: 14.25g (89.06%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 21.33g (7.75%), Sugar: 13.15g (14.61%), Cholesterol: 55.95mg (18.65%), Sodium: 1390.41mg (60.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.27%), Calcium: 328.98mg (32.9%), Vitamin C: 25.53mg (30.94%), Vitamin B3: 6.04mg (30.22%), Vitamin B12: 1.62µg (26.95%), Phosphorus: 226.2mg (22.62%), Zinc: 2.95mg (19.7%), Vitamin A: 754.51IU (15.09%), Iron: 2.25mg (12.47%), Selenium: 8.62µg (12.31%), Vitamin B6: 0.24mg (11.9%), Vitamin B2: 0.19mg (11.09%), Folate: 32.41µg (8.1%), Potassium: 270.04mg (7.72%), Fiber: 1.65g (6.59%), Magnesium: 24.59mg (6.15%), Vitamin B1: 0.09mg (6.05%), Vitamin B5: 0.22mg (2.16%), Copper: 0.04mg (2.14%), Vitamin E: 0.27mg (1.81%)